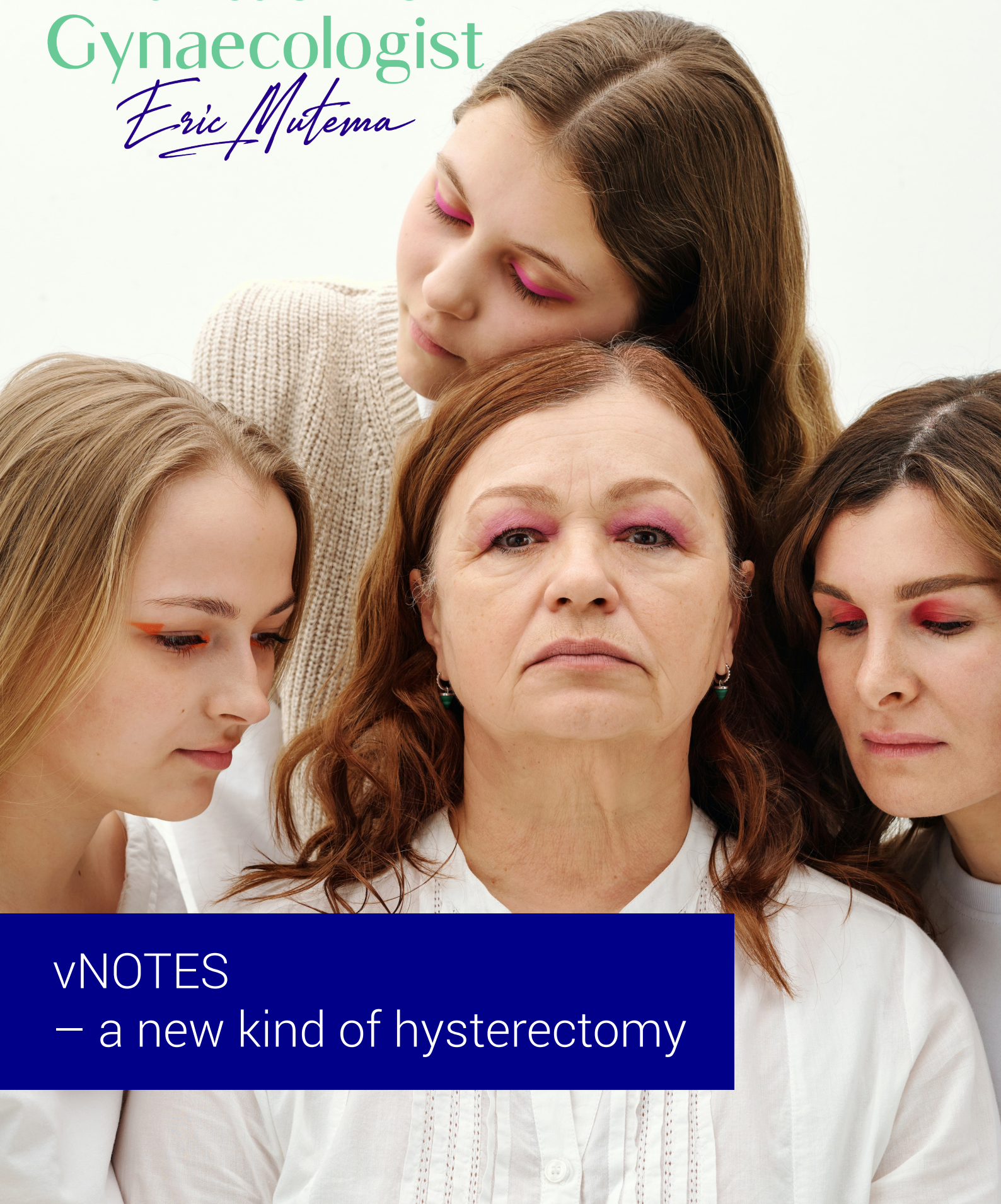




Lancashire  
Gynaecologist  
*Eric Mutema*



vNOTES

– a new kind of hysterectomy



## vNOTES – a new kind of hysterectomy

It can take a long time to recover from a hysterectomy, depending on the type of operation performed, the woman's age and her overall level of fitness.

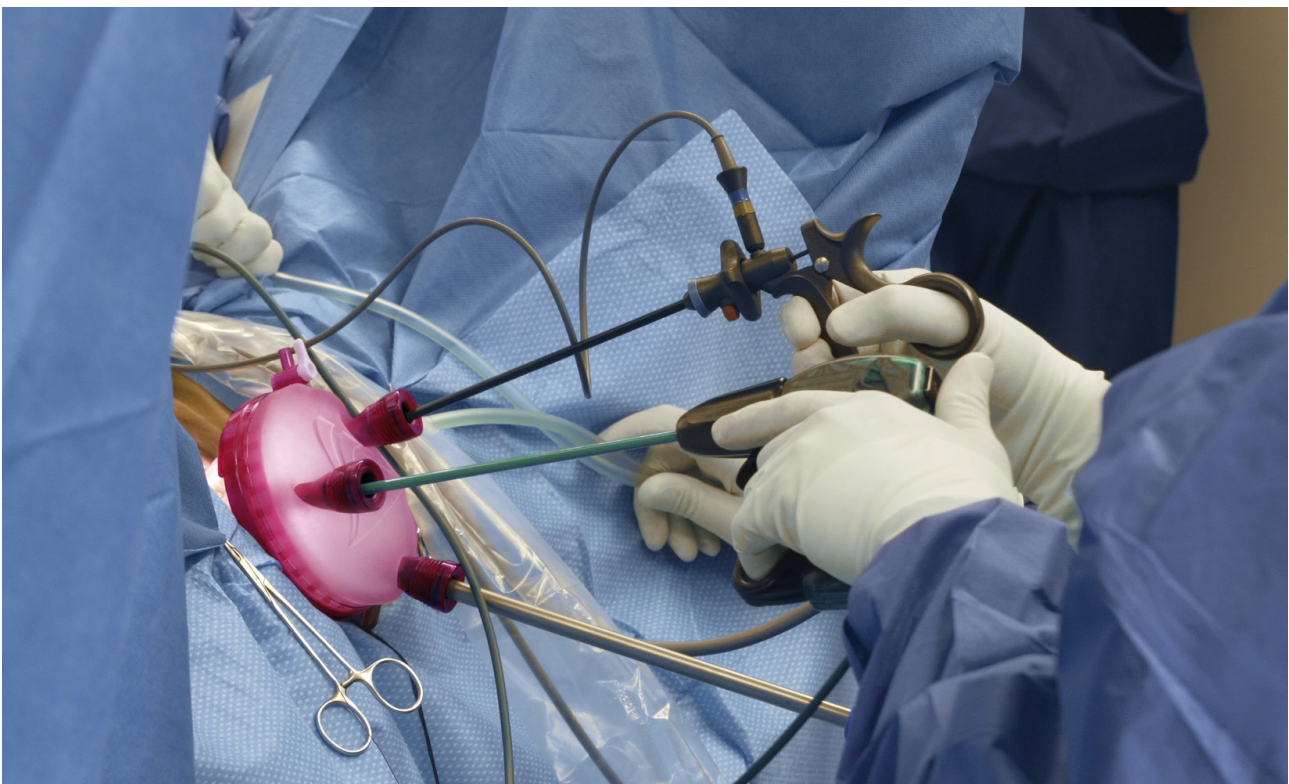
An abdominal hysterectomy is major surgery that involves a stay in hospital for several days and a two-month recovery period. Laparoscopic hysterectomies that use keyhole surgery are less invasive and the patient is usually, but not always discharged on the same day, yet again, the recovery period can be up for two weeks – sometimes more. A third; the traditional vaginal hysterectomy is also available.

Abdominal and laparoscopic surgery will leave scars, although these are much less obvious for keyhole surgery. But now there's a new kind of hysterectomy available.

A vNOTES hysterectomy doesn't require skin incision, has a shorter recovery time and can be performed in an outpatient clinic. We'll explain what it involves below and how it differs from a traditional vaginal hysterectomy.

### Why is it called vNOTES?

vNOTES is shorthand for Transvaginal Natural Orifice Transluminal Endoscopic Surgery – which is quite a mouthful. It was first developed in 2012 to improve surgical outcomes and is widely known as vaginal NOTES hysterectomy. Instead of accessing the woman's reproductive organs by abdominal surgery or keyhole incisions, the access is through her vagina using the most advanced technology available.

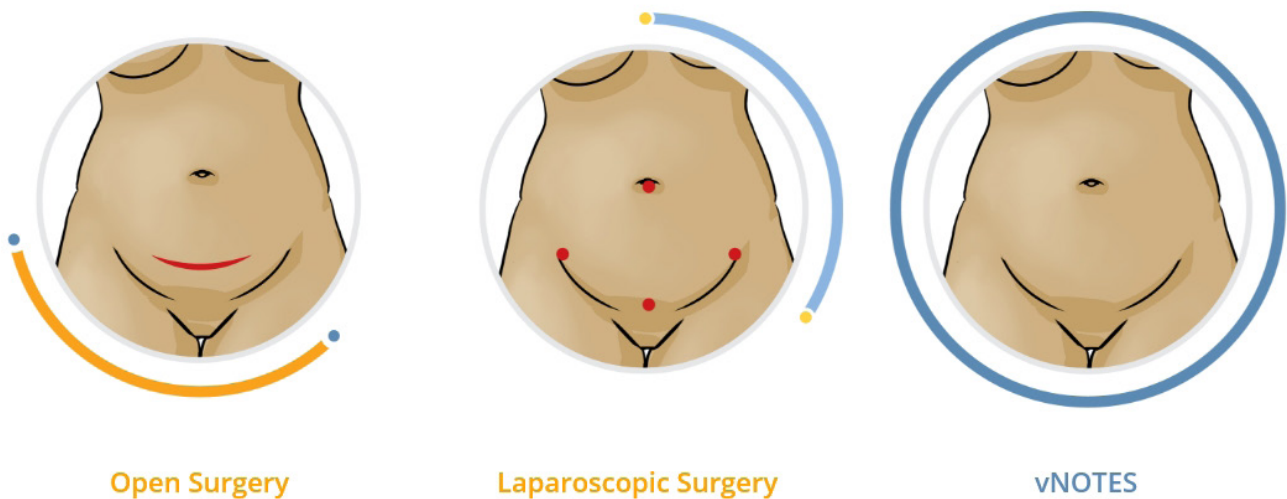


## How does a vNOTES hysterectomy differ from other hysterectomies?

In any hysterectomy, the surgeon must access the uterus and other female reproductive organs. In abdominal and laparoscopic hysterectomies, they do this by making incisions in the abdominal cavity.

During a vNOTES hysterectomy, the surgeon accesses the reproductive organs via the woman's vagina by inserting a device known as a transvaginal access platform through the vagina and into the pelvic cavity. The device inflates the patient's abdomen with carbon dioxide, giving the surgeon access to the uterus, fallopian tubes, ovaries, and the remainder of the pelvic cavity. It allows the surgeon space to see and operate on the organs inside.

Access points are built into the device and allow the surgeon to insert precision surgical tools to perform the hysterectomy procedure. A high-definition camera will also be inserted through the access points to give greater visualisation of the area which gives greater precision. Once the removal of the uterus is completed, the vNOTES device is removed, and the excess carbon dioxide escapes.



## What are the advantages of vNOTES hysterectomy surgery?

The vNOTES hysterectomy provides better surgical visibility and increased access to remove the uterus, fallopian tubes, and ovaries. The result is a shorter hospital stay (often less than 24 hours), less pain, no external incisions required, and no visible scarring.

## When would a vNOTES hysterectomy be used?

It can be used to treat the following:

- Fibroids
- Adenomyosis
- Uterine prolapse
- Abnormal uterine bleeding
- Chronic pelvic pain



## What are the disadvantages of vNOTES surgery?

It's important to stress that this kind of hysterectomy isn't suitable for every woman. If you have never given birth, then other types of hysterectomy might be suggested.

Certain gynaecological cancers and severe endometriosis are not suitable for this procedure.

It's also not possible to do a partial hysterectomy this way.

## Is it the same as a vaginal hysterectomy?

This is confusing so we'll explain the critical difference. There is one similarity is that the reproductive system is accessed through the vagina, but the vaginal NOTES technology offers the surgeon much greater visibility and mobility to reach the fallopian tubes and ovaries, which might need to be removed due to cysts or rupture. That visibility and mobility are missing from the traditional vaginal hysterectomy.

Not all gynaecologists have enough experience with vaginal hysterectomies to feel comfortable recommending them.

## How do I find out more?

You must talk to your gynaecologist to find out whether you are suitable for the procedure. They can answer questions, and explain what is appropriate after taking into account your overall health and medical history.

We'd always recommend that you do your own research to better understand the risks, which are always present in any surgical procedure, but this can be an excellent solution for many women that enables them to return to normal life much faster.

Mr Eric Mutema  
Consultant Obstetrician and Gynaecologist  
MBChB, MRCOG



## Talk to the Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. Mr Mutema has wide-ranging experience in vaginal surgery and has considerable experience in treating all aspects of female pelvic floor problems including vaginal prolapse.

His private practice, The Lancashire Gynaecologist, provides the latest and most effective treatments available now to help women experiencing a wide range of issues. Please get in touch if you would like to find out more.



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