

Vaginal transluminal endoscopic hysterectomy and adnexal surgery for benign gynaecological conditions

Information for the public

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There is not enough evidence about how well this procedure works or how safe it is. So it can only be done with special arrangements. This means you will have regular appointments afterwards to check how well it is working or if it has caused problems.

Hysterectomy (surgical removal of the uterus, also called the womb) may be a treatment option for gynaecological conditions, including benign (non-cancerous) conditions such as chronic pelvic pain, heavy periods, fibroids or uterine prolapse. Adnexal surgery (removing organs around the uterus, such as the fallopian tubes and ovaries) may also be done.

Vaginal transluminal endoscopic surgery is one way of doing hysterectomies and adnexal surgery. In this procedure, an endoscope (a thin tube with a camera on the end) is passed through a small cut in the vagina (transluminal). The uterus, and sometimes the fallopian tubes and ovaries, are then removed through the vagina. The aim is to treat the gynaecological condition. Also, compared with conventional hysterectomy, this procedure aims to avoid scarring on the abdomen and to reduce hospital stay, recovery time, and pain and blood loss after surgery.

The [NHS webpage on hysterectomy](#) may be a good place to find out more.

Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what special arrangements are.

[Endometriosis UK](#), 0808 808 2227 can give you advice and support:

You can also get support from your local [Healthwatch](#).

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