

Rock 'n Roll: A manual approach to in-bag morcellation of a multifibroid uterus

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Uterine fibroids are a common cause of abnormal uterine bleeding and indication for hysterectomy¹. Ensuring the safe removal of the uterus is imperative for the prevention of intraperitoneal seeding².

A video demonstration is presented with a step-by-step approach to the morcellation of a multifibroid uterus at total laparoscopic hysterectomy via a contained core technique at the umbilical port site.

The equipment required includes Applied[®] Alexis Wound Retractor Small and Applied[®] 15mm Retrieval System.

- The first step involves the retrieval of the specimen
- The second step extends the umbilical incision
- Finally the morcellation takes place by hand via a 'rock n' roll' coring technique.

VIDEO LINK



PASSWORD:
ranzcog

Steps

- 1** **BAG**
Place the specimen into a 15mm endocatch bag via the umbilical port, and closed with the cervix at the top, leaving the bag insitu, remove the port and hold onto the strings with an artery
- 2** **EXEND**
Extend the incision, insert a mini Alexis[®] into the bag and deploy to maximise umbilical access and seal the system
- 3** **MORCELLATE**
Bring the cervix out first, grasp with 2 x Morrissions, use a rock and roll motion with the contralateral hand and whilst keeping the scalpel steady create C incisions into the specimen to elongate a strip of tissue

Total laparoscopic hysterectomy is being increasingly performed and is preferred by women with reduced post-operative pain and an early return to activities^{3,4}. Here we present a safe and efficient technique for contained morcellation.

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2. AGES Statement: C-Gyn 33: Tissue Extraction at Minimally Invasive Procedures. 2014

3. Kluivers KB, Opmeer BC, Geomini PM, Bongers MY, Vierhout ME, Bremer GL, Mol BW. Women's preference for laparoscopic or abdominal hysterectomy. Gynecological surgery. 2009 Sep;6(3):223.

4. Sandberg EM, Twijnstra AR, Driessen SR, Jansen FW. Total laparoscopic hysterectomy versus vaginal hysterectomy: a systematic review and meta-analysis. Journal of minimally invasive gynecology. 2017 Feb 1;24(2):206-17.