

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





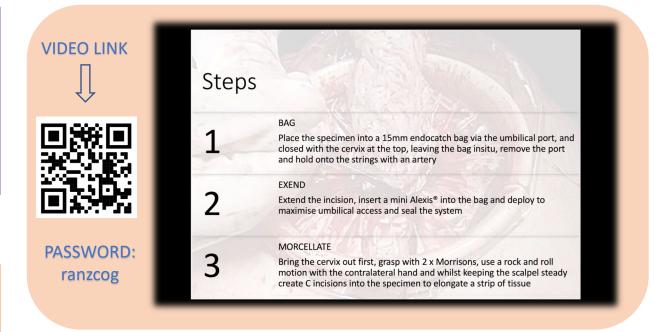
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Uterine fibroids are a common cause of abnormal uterine bleeding and indication for hysterectomy¹. Ensuring the safe removal of the uterus is imperative for the prevention of intraperitoneal seeding².

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 incisior
- Finally the morcellation takes place by hand via a 'rock n' roll' coring technique.



Total laparoscopic hysterectomy is being increasing 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.

^{1.} Breech LL, Rock JA. Leiomyomata uteri and myomectomy. In: Rock JA, Jones III HW, eds. Te Linde's operative gynecology, 10th edition. Philadelphia: JB Lippincott Co.; 2008:687-726.

^{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.

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