

Office-based conservative management of RPOC with enhanced myometrial vascularity: a case series.

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Introduction

Enhanced myometrial vascularity (EMV) refers to an abnormal increase in blood flow within the myometrium, usually after a recent intrauterine pregnancy and is associated with retained products of conception (RPOC).

Objective

Describe a case series of 10 patients with EMV and RPOC managed in an office-based setting and evaluate the outcomes of expectant management.

Materials & Methods

This observational study included 10 patients evaluated in an office-based setting after first-trimester pregnancy loss. All patients underwent ultrasound with color Doppler evaluation, which identified anechoic tortuous structures at the endometrial-myometrial junction with high vascularity (PSV ≥ 20 cm/s). *Figure 1* Follow-up was conducted until the resolution of EMV on ultrasound.

Results

Pregnancy losses included elective, missed, and spontaneous abortions. The mean interval between pregnancy loss and the EMV diagnosis was 37 days (range 7–90 days). Mean endometrial line (EL) thickness was 10.6 mm (range, 2.4–15 mm), and mean peak systolic velocity (PSV) was 83.6 cm/s (range, 24–129 cm/s). Spontaneous resolution occurred in 8 of 10 patients, whereas two required surgical curettage due to heavy bleeding (cases 7 and 9). The mean interval from diagnosis and resolution was 64 days. *Table 1*

Conclusions

In 80% of cases EMV resolved spontaneously. Expectant management appears appropriate for asymptomatic patients with EL less than 10 mm. PSV has a limited prognostic value. This approach might reduce the need for invasive procedures; However, each case should be individualized.

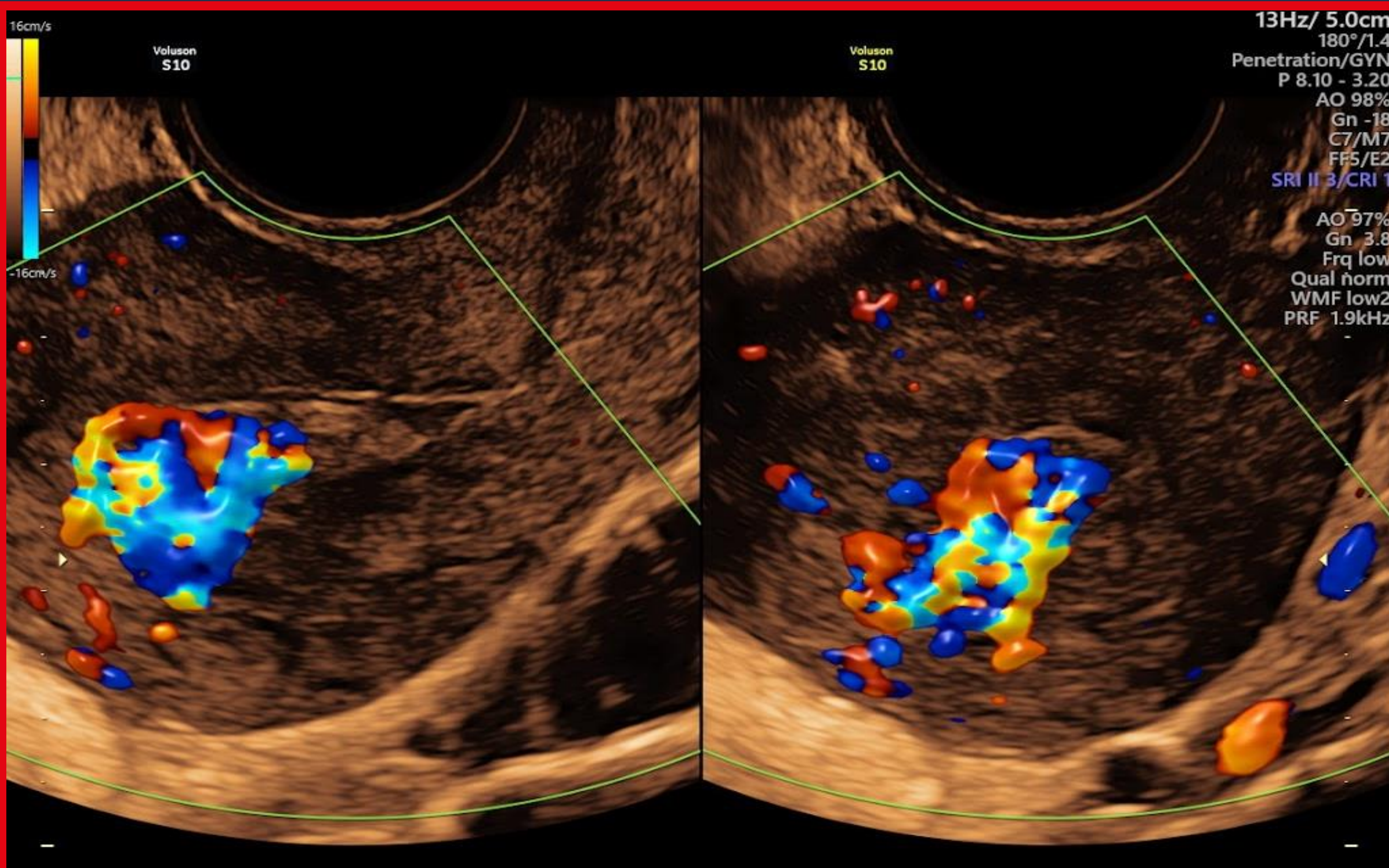


Figure 1. Transvaginal color Doppler ultrasound, showing the presence of areas with hypervascularity.

Cases	PSV (cm/seg)	Endometrial Line (mm)	Diagnosis after expulsion
1	129	9.86	90
2	24	7.6	34
3	56	12.2	29
4	81	9	60
5	112	12	30
6	87	15	8
7	66.9	11	32
8	67	15	33
9	97.5	2.4	46
10	116	12	7
Mean	83.64	10.60	36.9

Table 1. Ultrasound characteristics of 10 cases of EMV after medically induced management or spontaneous abortion. PSV – Peak Systolic Velocity; EL – Endometrial Line