

Prevalence of Consensus Defined Symptoms of Cesarean Scar Disorder in Non-pregnant Women with Uterine Niche

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Objectives

To assess the prevalence of consensus-defined cesarean scar disorder (CSD) symptoms among non-pregnant women with a uterine niche following ≥ 1 cesarean delivery (CD).

Methods

We included women who underwent postpartum transvaginal ultrasound (TVS) evaluation of the CD scar between 2020 and 2022 at a specialized gynecological ultrasound clinic. Women diagnosed with a niche were invited to complete a structured telephone questionnaire assessing CSD-related symptoms, based on international consensus criteria. CSD was diagnosed in the presence of at least one primary symptom or at least two secondary symptoms.

Results

Among 481 women evaluated, 72 (15.0%) were diagnosed with a uterine niche. Of these, 50 women (69.4%) completed the questionnaire and were included in the final analysis. Mean niche depth was 4.3 mm, mean base width 6.1 mm, and mean RMT 5.2 mm. The prevalence of CSD was 88.0% (44/50). Forty-one women (82.0%) met the diagnostic criteria based on at least one primary symptom, and three women (6.0%) based on two or more secondary symptoms. Pain during uterine bleeding (42.0%) and secondary unexplained infertility combined with intrauterine fluid (22.0%) were the most frequent primary symptoms.

Conclusion

Our study found a high prevalence of CSD among non-pregnant women with a uterine niche after CDs. As symptoms were self-reported, selection bias cannot be excluded and the observed prevalence may overestimate the true burden of CSD. Nevertheless, the high frequency of symptoms highlights the clinical relevance of CSD and should be considered when counselling women with a uterine niche.

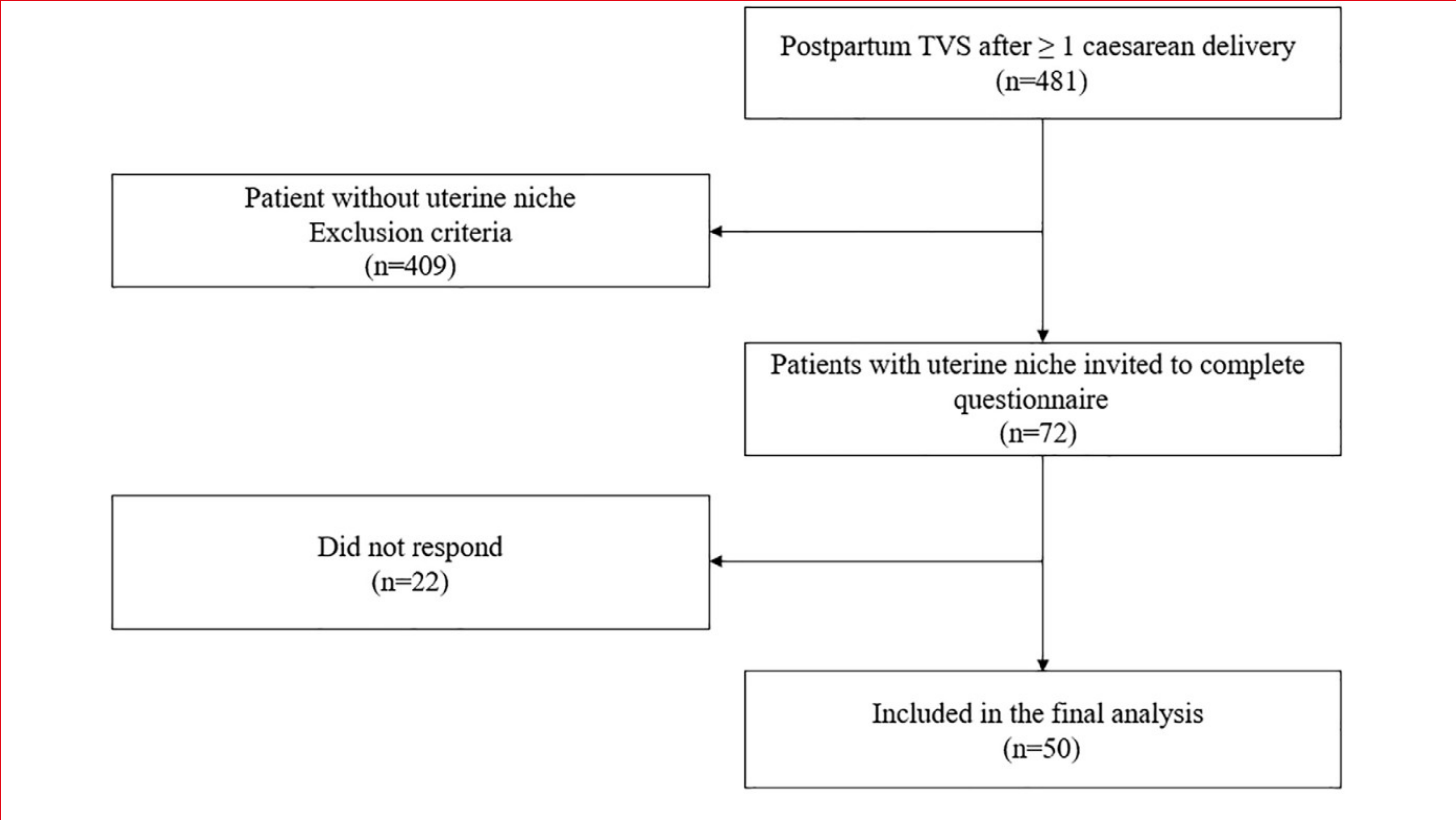


Figure 1. Flow chart of recruited patients.

Primary Symptoms	Prevalence, n (%)	Secondary Symptoms	Prevalence, n (%)
Postmenstrual spotting	9 (18.0)	De novo dyspareunia	10 (20.0)
Pain during uterine bleeding	21 (42.0)	Abnormal vaginal discharge	4 (8.0)
Technical issues with catheter insertion during embryo transfer	0	Chronic pelvic pain	7 (14.0)
Secondary unexplained infertility combined with intrauterine fluid	11 (22.0)	Avoiding sexual intercourse	6 (12.0)
NA	NA	Secondary unexplained infertility	7 (14.0)
NA	NA	Secondary infertility despite ART	4 (8.0)
NA	NA	Negative self-image	7 (14.0)
NA	NA	Discomfort during participation in leisure activities	4 (8.0)

ART, assisted reproductive technology; NA, not applicable.

Table 1. Primary and Secondary Symptoms and Their Prevalence Among Women with a Uterine Niche Following 1 or More Term (≥37 Weeks) Cesarean Deliveries (n = 50).