

Uterus Didelphys: Prioritising Early Diagnosis and Education Surrounding Congenital Uterine Anomalies **EP.0689**

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Background

- Congenital uterine anomalies (CUA) are defined as anatomical variances in uterine structure, caused by anomalous embryological development of the paramesonephric ducts¹.
- Uterus didelphys is a CUA characterised by two fusiform endometrial cavities separated by a large fundal cleft, with distinct endocervical canals and a single ovary each.
- The majority of CUA cases are asymptomatic; however symptomatic patients experience an increased risk of recurrent miscarriage, infertility and preterm delivery, which can have a negative biopsychosocial impact¹.
- CUAs with significant reproductive impact such as uterus didelphys necessitate discussion regarding whether early identification and patient education might ameliorate reproductive outcomes.

Figure 2: Preoperative transabdominal ultrasound showing the left uterus with a distended cavity. Kingston Hospital Foundation Trust, February 2023.

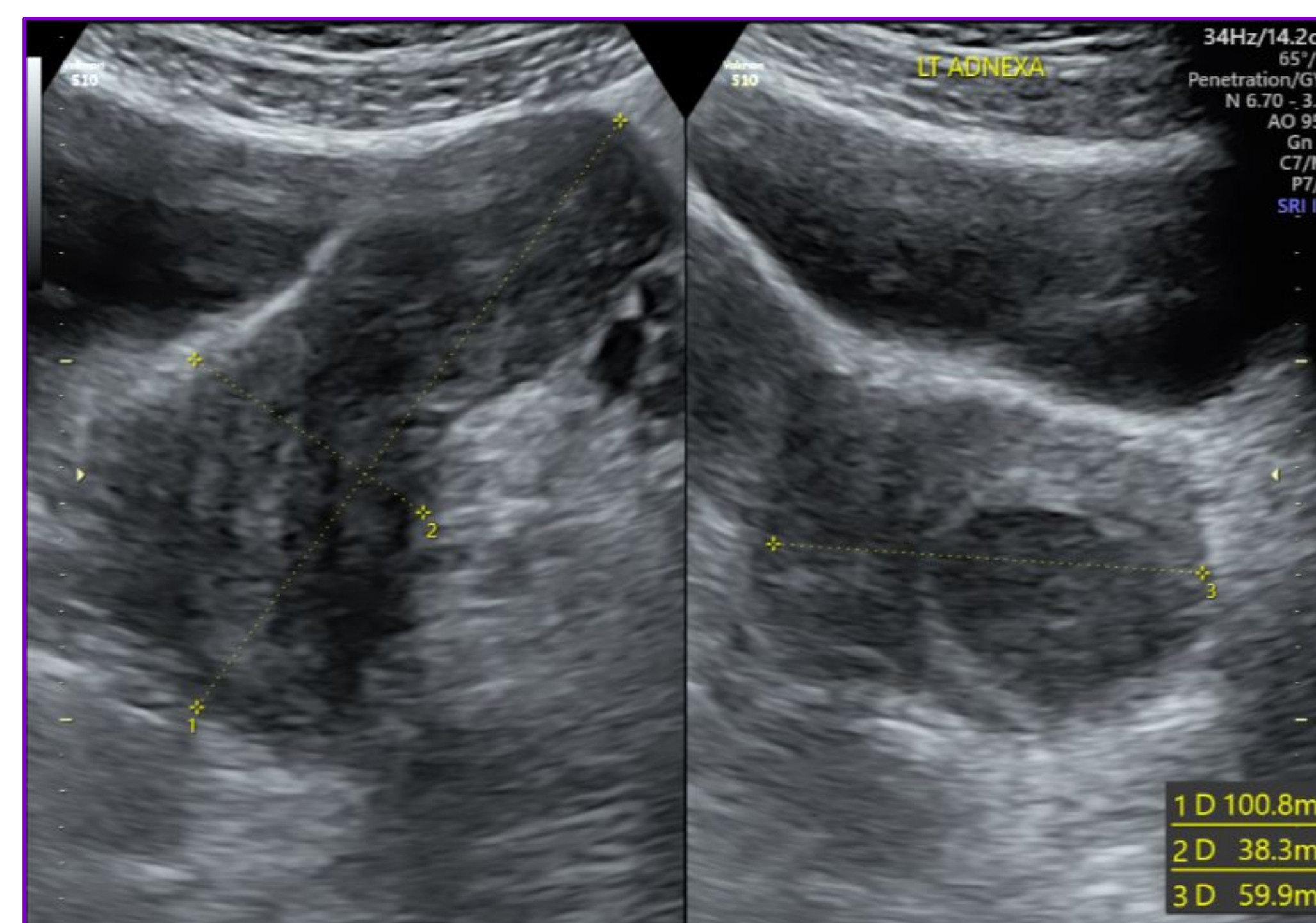


Figure 3: Preoperative CT with arrow indicating left hemi uterus and associated pyosalpinx. Kingston Hospital Foundation Trust, February 2023.

Case Presentation

- A 17 year old woman presented to the Emergency Department with severe sudden onset left iliac fossa pain, vomiting and rigors. Gynaecological history established a since-resolved, isolated episode of offensive, yellow vaginal discharge several months prior, with no previous sexually transmitted infection screening and no history of penetrative intercourse. Past medical history of left-sided renal agenesis.
- Laboratory results were indicative of infection, with an elevated white cell count and C-reactive protein;urinalysis excluded pregnancy as a differential diagnosis. A transabdominal ultrasound identified a left adnexal collection, which CTAP discerned to be uterus didelphys with mixed left-sided pyometra and haematometra.
- Diagnostic laparoscopy with abdominopelvic washout and examination under anaesthetic confirmed uterus didelphys; left cervical stenosis was surgically corrected by dilatation and monopolar salpingotomy assisted drainage.

Discussion

- Early detection and management of congenital uterine anomalies is important in enabling affected patients to make informed, autonomous decisions about their reproductive health.
- Careful identification of high-risk populations, alongside targeted, early post-menarche health education and optional gold-standard diagnostic confirmation might be able to significantly reduce the likelihood of future surgical presentations and improve early symptom management.
- In combination, this approach has the potential to reduce the negative biopsychosocial impact of this congenital condition and improve expectations surrounding adverse reproductive implications.

Conclusions

The prioritisation of early diagnosis and education surrounding complex uterine anomalies is essential in improving reproductive health outcomes for the affected patient population. As clinicians, it is especially important to exercise vigilance and self-education about complex uterine anomalies, in order to achieve both appropriate risk-stratification and patient-centredness in the context of anomalous gynaecological presentations.

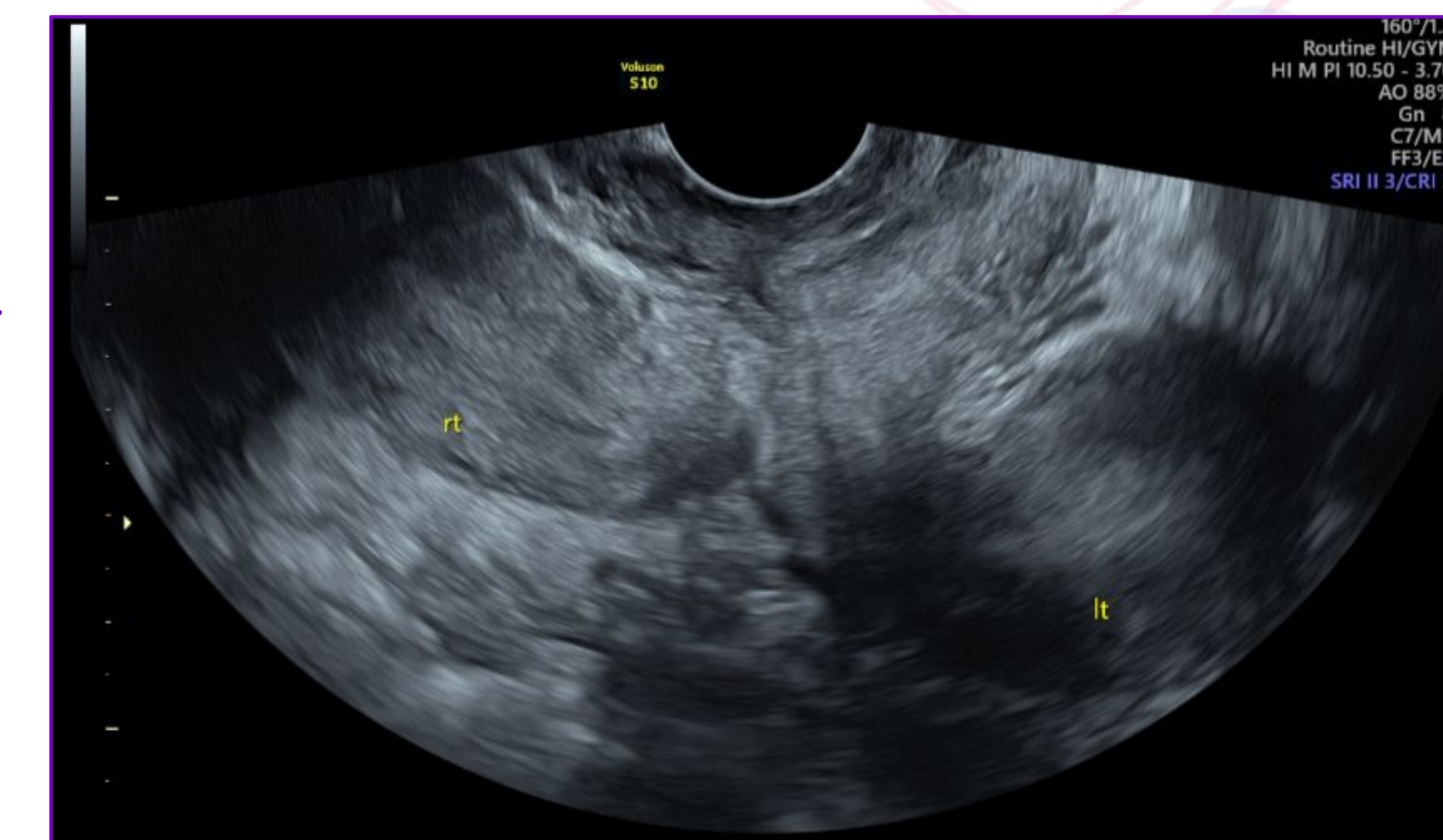


Figure 4 Post-operative transvaginal ultrasound showing resolved pathology and didelphic uterus. Right and left hemi uteri labelled in yellow. Kingston Hospital Foundation Trust, February 2023.

References

1. Jayaprakasan K & Ojha K. Diagnosis of Congenital Uterine Abnormalities: Practical Considerations. J Clin Med. 2022 Mar [cited 2023 May 01]; 11(5): 1251. Available from: <https://doi.org/10.3390/jcm11051251>
2. Uterine abnormality- problems with the womb[Internet]United Kingdom: Tommy's;2023. Didelphic Womb [cited 2023 May 29] Available from: <https://www.tommys.org/pregnancy-information/pregnancy-complications/uterine-abnormality-problems-womb>

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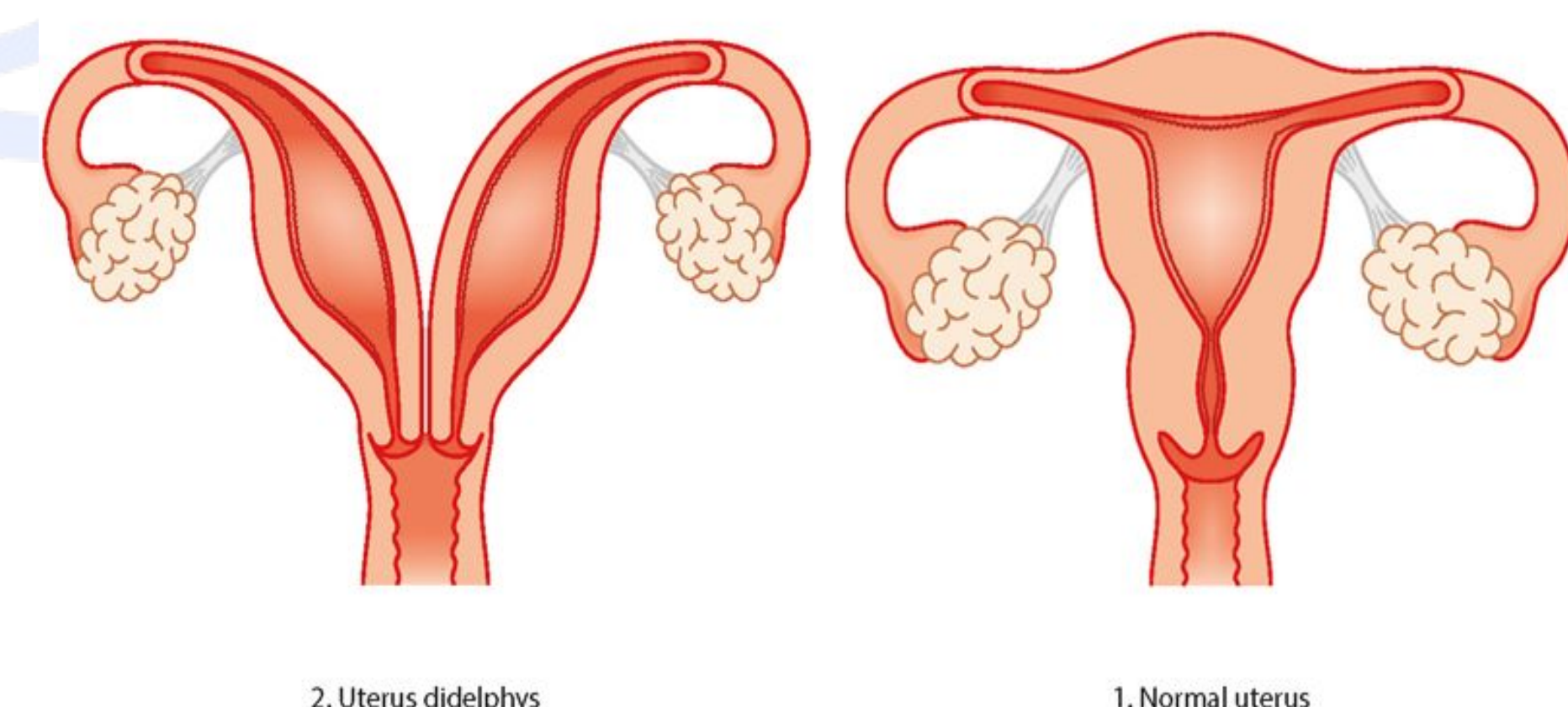


Figure 1: Diagram demonstrating the structural anatomical difference between a normal uterus and uterus didelphys². Tommy's UK, 2023.