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978-1-107-48069-8 - Gynaecology: Evidence-Based Algorithms
Jyotsna Pundir and Arri Coomarasamy
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Gynaecology: Evidence-Based Algorithms

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Gynaecology: Evidence-Based Algorithms

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“To my mother for everything I am today, to my husband and two lovely boys for their patience and endless support, to my brothers and in-laws for their faith and encouragement, and finally to my father for his wisdom.”
Jyotsna

“Dedicated to the memory of Poongo Aunty, who treaded the earth ever so gently.” Arri

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PREFACE

Evidence-based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. With the evolution of evidence-based medicine, and the explosion of medical literature, there has been a continuous stream of guidelines published in obstetrics and gynaecology. These guidelines, designed to provide systematically developed recommendations, assist clinicians and patients in making decisions about appropriate treatment for specific conditions. They also provide crucial information for candidates preparing for the Member of the Royal College of Obstetricians and Gynaecologists (MRCOG) examination. Our attempt is to bring together the essential information contained in these guidelines in these comprehensive books. Where guidelines do not exist, we have relied on available evidence and accepted norms of practice. The information is presented in flowcharts, representing a step-by-step method of solving a clinical problem.

As our books are a revision guide for MRCOG candidates, we have focused primarily on RCOG and other UK national guidelines. However, many chapters contain a 'Guideline Comparator' box carrying information from other important international guidelines, thus providing an international perspective. Several chapters also contain a 'what not to do' box, which should act as a source of rich debate! Our desire is that these books act as an essential tool for clinicians and examination candidates. However, they should not replace a close study of the guidelines themselves.

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ABBREVIATIONS LIST

- A1C – haemoglobin A1 C
 AAP – American Academy of Paediatricians
 AC – abdominal circumference
 ACA – anticardiolipin antibodies
 ACE – angiotensin-converting enzyme
 ACOG – American Congress of Obstetricians
 ACS – acute chest syndrome
 ACTH – adrenocorticotrophic hormone
 AED – antiepileptic drug
 AFI – amniotic fluid index
 AFP – α -feto protein
 AFV – amniotic fluid volume
 AH – abdominal hysterectomy
 AIDS – acquired immune deficiency syndrome
 AIS – androgen insensitivity syndrome
 AJCC – American Joint Committee on Cancer
 ALO – actionmyces-like organism
 ALPP – abdominal leak point pressure
 AM – abdominal myomectomy
 AMH – antimüllerian hormone
 AMS – antenatal magnesium sulphate
 ANC – antenatal care
 ANCS – antenatal corticosteroids
 anti-D Ig – anti-D immunoglobulin
 anti-HT – antihypertensive
 AP – anteroposterior
 APA – antiphospholipid antibodies
 APH – antepartum haemorrhage
 APS – antiphospholipid syndrome
 ARBs – angiotensin II receptor blockers
 ARDS – adult respiratory distress syndrome
 ART – assisted reproductive techniques
 ASA – anti-sperm antibodies
 ASAP – as soon as possible
 ASC – abdominal sacrocolpopexy
 ASRM – American Society of Reproductive Medicine
 ATD – anti-thyroid treatment
 AUA – American Urological Association
 BASHH – British Association for Sexual Health and HIV
 BD – twice a day (*bis in die*)
 BEP – bleomycin, etoposide, cisplatin
 BF – breastfeeding
 BG – blood glucose
 BMD – bone mass/mineral density
 BMI – body mass index
 BP – blood pressure
 BPP – biophysical profile
 BSO – bilateral salpingo-oophorectomy
 BT – brachytherapy blood transfusion
 BV – bacterial vaginosis
 CAH – congenital adrenal hyperplasia
 CAIS – complete androgen insensitivity syndrome
 CBAVD – congenital bilateral absence of vas deferens
 CBT – cognitive behavioural therapy
 CC – clomiphene citrate
 CDC – Centers for Disease Control and Prevention
 CEE – conjugated equine oestrogens
 CEMD – confidential enquiries into maternal death
 CF – cystic fibrosis
 cGIN – cervical glandular intra-epithelial neoplasia
 CHC – combined hormonal contraception
 CHD – congenital heart disease
 ChT – chemotherapy
 CIN – cervical intra-epithelial neoplasia
 CKS – Clinical Knowledge Summaries
 CLPP – cough leak point pressure
 CMP – cardiomyopathy
 COC – combined oral contraceptive pills
 CPA – cyproterone acetate
 CPP – chronic pelvic pain central precocious puberty
 CPR – clinical pregnancy rate cardiopulmonary resuscitation
 CRL – crown-rump length
 CRP – C-reactive protein
 CRS – congenital rubella syndrome
 CS – Caesarean section
 CSF – cerebrospinal fluid
 CT – computerized tomography
 CTG – cardiotocography
 CTP – combined transdermal patch
 CTPA – computed tomography pulmonary angiogram
 Cu-IUD – copper-bearing intrauterine device
 CVR – combined vaginal ring
 CVS – chorionic villus sampling
 CVST – cerebral venous sinus thrombosis
 Cx – circumflex
 D&E – dilatation and evacuation
 DA – dopamine agonist
 DBP – diastolic blood pressure
 DCDA – dichorionic diamniotic
 DDAVP – trade name for desmopressin acetate
 DEXA – dual-emission X-ray absorptiometry
 DHEA – dehydroepiandrosterone
 DHT – dihydro-testosterone
 DI – donor insemination
 DIC – disseminated intravascular coagulopathy
 DM – diabetes mellitus
 DMPA – depot medroxyprogesterone acetate
 DNA – deoxyribonucleic acid
 DO – detruser overactivity
 DR – detection rate
 DSD – disorders of sexual development
 DV – domestic violence
 DVT – deep vein thrombosis
 E2 – oestradiol
 EA – endometrial ablation
 EBW – estimated birth weight
 EC – emergency contraception
 ECG – electrocardiograph
 EE – ethinyl oestradiol
 EEG – electroencephalograph
 EFM – electronic fetal monitoring
 EFW – estimated fetal weight
 EIA/ELISA – enzyme immunoassay
 EIN – endometrial intra-epithelial neoplasia
 ELITT – endometrial laser intrauterine thermal therapy
 EMA-CO – etoposide, methotrexate, dactinomycin, vincristine, and cyclophosphamide
 EMAS – European Menopause and Andropause Society
 EMG – electromyography
 EMI – endometrial-myometrial interface
 EPAU – early pregnancy assessment unit
 ER – extended release
 ERCS – elective repeat Caesarean section
 ERPC – evacuation of retained products of conception
 ESCP – Endocrine Society clinical practice guidelines
 ESGE – European Society for Gynaecological Endoscopy
 ESHRE – European Society of Human Reproduction and Embryology
 ESR – erythrocyte sedimentation rate
 ET – endometrial thickness/embryo transfer

- EUA – examination under anaesthesia
 FAS – fetal alcohol syndrome
 FASD – fetal alcohol spectrum disorder
 FBC – full blood count
 FBG – fasting blood glucose
 FBS – fetal blood sampling
 FFA – free fatty acids
 FFTS – feto-fetal transfusion syndrome
 FGR – fetal growth restriction
 FHR – fetal heart rate
 FIGO – International Federation of Gynecology and Obstetrics
 FISH – fluorescence *in situ* hybridization
 FM – fetal movements/full mutation
 FMH – feto-maternal haemorrhage
 FMR – fragile-X mental retardation
 FMU – fetal medicine unit
 FNAC – fine-needle aspiration cytology
 FPA – Family Planning Association
 FPG – fasting plasma glucose
 FPR – false positive rate
 FSH – follicle stimulating hormone
 FT4 – free T4
 FT3 – free T3
 FTA-abs – fluorescent treponemal antibody-absorbed
 FVL – factor V Leiden
 FVS – fetal vericella syndrome
 FXS – fragile-X syndrome
 FXT – fragile-X testing
 FXTAS – fragile-X tremor ataxia syndrome
 GA – general anaesthesia
 GCT – germ cell ovarian tumour
 GDM – gestational diabetes mellitus
 GDPP – gonadotrophin-dependent precocious puberty
 GH – growth hormone
 GI – gastrointestinal
 GIFT – intra-Fallopian gamete transfer
 GIPP – gonadotrophin-independent precocious puberty
 GLN – groin lymph node
 GND – groin node dissection
 GnRH – gonadotrophin releasing hormone
 GnRH_a – GnRH agonist
 GTD – gestational trophoblastic disease
 GTN – gestational trophoblastic neoplasia
 GTT – glucose tolerance test
 GUD – genital ulcerative disease
 GUM – genitourinary medicine
 HAART – highly active anti-retroviral therapy
 HC – hormonal contraception
 hCG – human chorionic gonadotrophin
 HCP – healthcare professional
 HES – hydroxyethyl starch
 HERS – Heart and Oestrogen-Progestogen Replacement Study
 HFEA – Human Fertilisation and Embryology Authority
 HFI – hormone free interval
 HG – hyperemesis gravidarum
 HIE – hypoxic ischaemic encephalopathy
 HIFU – high-intensity focused ultrasound
 HIT – heparin-induced thrombocytopenia
 HIV – human immunodeficiency virus
 HLA – human leucocyte antigen
 HMB – heavy menstrual bleeding
 hMG – human menopausal gonadotrophins
 HNPPC – hereditary non-polyposis colonic cancer
 HOMA-IR – Homeostasis Model Assessment – insulin resistant
 HOS – hypo-osmotic swelling test
 HPA – health protection agency
 HPV – human papilloma virus
 HRT – hormone replacement therapy
 HSG – hysterosalpingogram
 HSV – herpes simplex virus
 HT – hypertension
 HTA – hydrothermal ablation/health technology assessment
 HVS – high vaginal swabs
 Hx – history
 IADPSG – International Association of Diabetes and Pregnancy Study Groups
 IBS – irritable bowel syndrome
 IC – interstitial cystitis
 ICS – International Continence Society
 ICSI – intra-cytoplasmic sperm injection
 ICU – intensive care unit
 ID – iodine deficiency
 IDDM – insulin-dependent DM
 IFG – impaired fasting glycaemia
 Ig – immunoglobulin
 IgA – immunoglobulin A
 IgG – immunoglobulin G
 IgM – immunoglobulin M
 IGT – impaired glucose tolerance
 IHD – ischaemic heart disease
 IM – intramuscular/intramural
 IMB – inter-menstrual bleeding
 IOL – induction of labour
 IOTA – International Ovarian Tumor Analysis Group
 IR – immediate release
 IU – international unit
 IUCD – intrauterine contraceptive device
 IUD – intrauterine device/ intrauterine deaths
 IUFD – intrauterine fetal death
 IUGR – intrauterine growth restriction
 IUI – intrauterine insemination
 IUP – intrauterine pregnancy
 IUS – intrauterine system
 IUT – intrauterine transfusion
 IV – intravenous
 IVF – in vitro fertilization
 IVH – intraventricular haemorrhage
 JZ – junctional zone
 KCl – potassium chloride
 LA – local anaesthesia
 LAC – lupus anticoagulant
 LAM – lactational amenorrhoea method
 LARC – long-acting reversible contraception
 LAVH – laparoscopic assisted vaginal hysterectomy
 LB – live births
 LBC – liquid-based cytology
 LBR – live birth rate
 LBW – low-birth weight
 LFT – liver function test
 LGV – lymphogranuloma venereum
 LH – leutinizing hormone/laparoscopic hysterectomy
 LLETZ – large loop excision of the transition zone
 LLP – low-lying placenta
 LM – laparoscopic myomectomy
 LMP – last menstrual period
 LMWH – low molecular-weight heparin
 LN – lymph node
 LND – lymph node dissection
 LNG – levonorgestrel
 LNG-IUS – levonorgestrel-releasing intrauterine system
 LOD – laparoscopic ovarian drilling/diathermy
 LR – likelihood ratio
 LR– – negative test result
 LR+ – positive test result
 LUNA – laparoscopic uterosacral nerve ablation
 LVSI – lymphovascular space involvement
 MCA – middle cerebral artery
 MCDA – monochorionic diamniotic
 MCH – mean cell haemoglobin
 MCHC – mean cell haemoglobin concentration
 MCMA – monochorionic monoamniotic
 MCV – mean cell volume
 MDT – multi-disciplinary team
 MEA – microwave endometrial ablation
 MI – myocardial infarction
 MIS – müllerian inhibitory substance
 MOH – massive obstetric haemorrhage
 MP – multiple pregnancy
 MPA – medroxyprogesterone acetate
 MRC – Medical Research Council
 MRI – magnetic resonance imaging
 MSL – meconium-stained liquor
 MSM – men who have sex with men
 MSU – midstream urine
 MTX – methotrexate

MUCP – maximum urethral closure pressure	PLDH – pegylated liposomal doxorubicin hydrochloride	RR – relative risk
MUI – mixed urinary incontinence	PLN – pelvic lymph node	RT – radiotherapy
MVP – maximum vertical pocket	PMB – postmenopausal bleeding	RVT – radical vaginal trachelectomy
MWS – The Million Women Study	PME – postmortem examination	SA – semen analysis
Mx – management	PMS – premenstrual syndrome	SANS – Stoller afferent nerve stimulator
N – normal	PMW – post-menopausal women	SB – stillbirth
NAATs – nucleic acid amplification tests	PNM – perinatal mortality	SBP – systolic blood pressure
NCRI – National Cancer Research Institute	PNMR – perinatal mortality rate	SC – subcutaneous
NCSP – National Cervical Screening Programme	POC – products of conception/ progestogen-only contraceptives	SCC – squamous cell carcinoma
Nd-YAG – neodymium-YAG	POD – pouch of Douglas	SCD – sickle-cell disease
NEC – necrotizing enterocolitis	POEC – progestogen-only emergency contraception	SCH – subclinical hypothyroidism
NET – norethisterone	POF – premature ovarian failure	SCST – sex cord stromal tumour
NET-EN – norethisterone enantate	POI – premature ovarian insufficiency	SET – single embryo transfer
NGU – non-gonococcal urethritis	POIC – progestogen-only injectable contraception	SGA – small for gestational age
NICE – National Institute of Clinical Excellence	POIM – progestogen-only implant	SHBG – sex hormone-binding globulin
NICU – neonatal intensive care units	POP – progestogen-only pill	SLE – systemic lupus erythematosus
NIFH – non-immune hydrops fetalis	POP-Q – pelvic organ prolapse quantification	SM – submucosal
NK – natural killer	POPSE – post-exposure prophylaxis following sexual exposure	SMM – surgical management of miscarriage
NND – neonatal deaths	POSDIs – progestogen-only subdermal implants	SNS – sacral nerve stimulation
NNT – number needed to treat	PP – postprandial/precocious puberty	SNRI – selective noradrenaline reuptake inhibitor
NPV – negative predictive value	PPH – post-partum haemorrhage	SOGC – Society of Obstetricians and Gynaecologists of Canada
NSAID – nonsteroidal anti-inflammatory	PPROM – premature preterm rupture of membranes	SPTB – spontaneous preterm birth
NT – nuchal translucency	PPV – positive predictive value	SR – systematic review
NTD – neural tube defect	PRL – prolactin	SRL – systematic retroperitoneal lymphadenectomy
OAB – overactive bladder	PROM – premature rupture of membranes	SS – subserosal
OC – obstetric cholestasis	PSN – presacral neurectomy	SSC – secondary sexual characteristic
OCD – obsessive compulsive disorder	PSTT – placental site trophoblastic tumour	SSF – sacrospinous fixation
OCP – oral contraceptive pill	PTB – preterm birth	SSR – surgical sperm retrieval
OGTT – oral glucose tolerance test	PTD – preterm delivery	SSRI – selective serotonin reuptake inhibitor
OH – overt hypothyroidism	PTL – preterm labour	SSRIs – selective serotonin reuptake inhibitors
OHSS – ovarian hyperstimulation syndrome	PUL – pregnancy of unknown location	STH – subtotal hysterectomy
OI – ovulation induction	QOL – quality of life	STI – sexually transmitted infection
ONTDs – open neural tube defects	RAADP – routine antenatal anti-D prophylaxis	STL – second-trimester loss
ORS – ovarian remnant syndrome	RAT – radical abdominal trachelectomy	SUI – stress urinary incontinence
OVD – operative vaginal delivery	RBC – red blood cell	T4 – thyroxine
PAIS – partial androgen insensitivity syndrome	RBG – random blood glucose	TAH – total abdominal hysterectomy
PAPP-A – pregnancy-associated plasma protein A	RCOG – Royal College of Obstetricians and Gynaecologists	TAS – trans abdominal scan
PBC – platinum-based compound	RCT – randomized controlled trial	TBG – T4-binding globulin
PBT – platinum-based therapy	RDS – respiratory distress syndrome	TCRE – transcervical resection of endometrium
PCB – post-coital bleeding	RFM – reduced fetal movements	TDS – three times a day (<i>ter die sumendus</i>)
PCO – polycystic ovarian	RhD – rhesus D	TEDS – thromboembolic deterrent stockings
PCOS – polycystic ovarian syndrome	RM – recurrent miscarriage	TENS – transcutaneous nerve stimulation
PCP – Pneumocystis carinii pneumonia	RMI – risk of malignancy index	TESA – testicular sperm aspiration
PCR – polymerase chain reaction	ROS – residual ovary syndrome reactive oxygen species	TESE – testicular sperm extraction
PCT – progesterone challenge test	RPG – random plasma glucose	TFTs – thyroid function tests
PE – pulmonary embolism	RPL – recurrent pregnancy loss	TH – total hysterectomy
PESA – percutaneous epididymal aspiration	RPOC – retained products of conception	TLH – total laparoscopic hysterectomy
PET – positron emission tomography/ pre-eclamptic toxemia	RPR – rapid plasma reagin	TOC – test of cure
PFM – pelvic floor muscles		TOP – termination of pregnancy
PFMT – pelvic floor muscle training		TORCH – Toxoplasma gondii, other viruses, rubella, cytomegalovirus, herpes simplex
PGD – preimplantation genetic diagnosis		
PID – pelvic inflammatory disease		

TP – thromboprophylaxis	UKCTOCS – United Kingdom Collaborative Trial of Ovarian Cancer Screening	VDRL – venereal disease research laboratory
TPHA – Treponema pallidum haemagglutination assay	UKFOCSS – United Kingdom Familial Ovarian Cancer Screening Study	VH – vaginal hysterectomy
TPPA – Treponema pallidum particle agglutination assay	UKMEC – United Kingdom Medical Eligibility Criteria	VIN – vulval intraepithelial neoplasia
TRUS – transrectal ultrasound	UKOSS – United Kingdom Obstetric Surveillance System	VLPP – Valsalva leak point pressure
TSAb – thyroid stimulating antibodies	UmAD – umbilical artery Doppler	VMS – vasomotor menopausal symptoms
TSH – thyroid stimulating hormone	UOP – urine output	V/Q – ventilation–perfusion lung scan
TTN – transient tachypnoea of newborn	UPA – ulipristal acetate	VTE – venous thromboembolism
TV – Trichomonas vaginalis/transvaginal	uPCR – urinary protein:creatinine ratio	VVC – vulvovaginal candidiasis
TVS – transvaginal scan	UPSI – unprotected sexual intercourse	VZIG – Varicella zoster immunoglobulin
TVT – tension-free vaginal tape	USCL – ultrasound cervical length	VZV – Varicella zoster virus
TXA – tranexamic acid	USO – unilateral salpingo-oophorectomy	WHI – Women’s Health Initiative
UAD – uterine artery Doppler	USS – ultrasound scan	WHO – World Health Organization
UAE – uterine artery embolization	UTI – urinary tract infection	WLE – wide local excision
UDA – urodynamic assessment	UUI – urge urinary incontinence	WWE – woman with epilepsy
uE3 – unconjugated oestradiol	VaIN – vaginal intra-epithelial neoplasia	ZIFT – intra-Fallopian zygote transfer
UI – urinary incontinence/unexplained infertility		