



Saint Mary's Hospital

Gynaecology Service – Warrell Unit

An operation for prolapse – Sacrospinous Fixation Sacrospinous Hysteropexy

Information For Patients



What is a prolapse?

Prolapse is a bulge or lump in the vagina caused by sagging of the vaginal walls.

Why am I being offered this treatment?

You are being offered a sacrospinous fixation or a sacrospinous hysteropexy operation as you have a prolapse of the top of the vagina or uterus which bothers you and treatment with a vaginal pessary has not been successful.

What is a sacrospinous fixation?

After a hysterectomy the top of the vagina, where the neck of the womb (cervix) used to be, is called the vault. The vaginal vault can sag down, known as a vault prolapse.

A sacrospinous fixation involves supporting the vaginal vault using stitches to fix it to a strong ligament inside the pelvis. The operation is performed through the vagina and is often performed at the same time as other prolapse operations such as vaginal hysterectomy, anterior and posterior repair.

What is a sacrospinous hysteropexy?

A sacrospinous hysteropexy treats a uterine prolapse without removing the uterus. Some women prefer this as they do not wish to have a hysterectomy.

We would advise delaying an operation for prolapse until you have completed your family. Pregnancy puts a lot of strain on any repair and is likely to increase the chance of the repair failing and the prolapse coming back. Having an operation can potentially affect your ability to become pregnant and we do not know much yet about the effect a sacrospinous hysteropexy may have on a developing pregnancy.

A sacrospinous hysteropexy involves supporting the uterus using stitches to fix it to a strong ligament inside the pelvis. The operation is performed through the vagina and is often performed at the same time as other prolapse operations such as anterior and posterior repair.

What are the benefits and how long will it work for?

A sacrospinous fixation or a sacrospinous hysteropexy treats vault or uterine prolapse in approximately 80-90% of women (8-9 in 10). Often there is also some prolapse of other parts of the vagina and the operation isn't quite as good at treating this. Overall, we have found 80% of women (8 in 10) are cured of their prolapse symptoms after the operation.

Our tissues continue to stretch and give way over time. This can result in further prolapse developing. We have found that approximately 35% of women (approximately 1 in 3) have some prolapse that can be measured on examination 5 years after the operation. However, many of these women did not have any bothersome symptoms or need anything doing about it.

What are the alternative treatments?

The alternatives to sacrospinous fixation or hysteropexy are:

- **Do nothing.** Prolapse is not a dangerous or harmful condition. If it is not bothering you, you could decide to do nothing about it. If the prolapse is very large, we may suggest checking it is not stopping your bladder from emptying properly before you make your final decision not to have treatment. We would also suggest thinking about having your prolapse treated if it is rubbing on your underwear and getting sore.

- **Vaginal Pessary.** If you have not already tried a pessary, we would encourage you to do so. There is a large range of plastic pessaries available to support the prolapse. These are worn inside the vagina and, once in, you should not be aware they are there. They are fitted by a nurse or doctor who will advise you on the type and size of pessary that might suit you best. We usually suggest you have the pessary changed every 6 months. Some GP surgeries will change pessaries for you.

Pessaries are good at treating the symptoms of prolapse. 70% of women (7 in 10) who use a pessary find it successfully treats their symptoms. However, not everyone finds a pessary to suit them. The main down side of a pessary is that it needs to be changed. Sometimes the pessary can rub the vaginal walls causing bleeding or discharge. This can be treated with an appropriate cream.

- **A Different Operation.** There are many different operations used to treat prolapse. Deciding which operation to have depends on many factors including:
 - The type of prolapse you have.
 - What treatments you have had in the past.
 - Any medical problems you may have.

It is not possible to list all the possible operations in this leaflet. If you decide you want a different operation for your prolapse, your doctor will explain the options open to you.

What will happen before the operation?

If you have not already done so, you will be asked to complete an electronic questionnaire to help us identify your troublesome symptoms. You will also be asked to fill in a bladder diary to give us some information on how your bladder is working.

Most women requesting a sacrospinous fixation or hysteropexy will not need any other tests. However, if you are having a lot of

problems with your bladder or bowels, the doctor may suggest extra bladder or bowel tests. They will explain why they have suggested the test, what it involves and give you a leaflet explaining them in more detail.

Before you come in for your operation, you will be asked to attend a pre-operative check with a nurse. This may be on the same day as your clinic appointment. It is important that we arrange this for you as it gives us an opportunity to make sure we can reduce your risk from surgery as much as possible. It will not be possible to go ahead with your operation until these checks are done.

Routine tests, such as blood tests and a heart tracing, may be done at this appointment. You may need other tests depending on what medical problems you have. **Please bring a list of all your medications, and any allergies you might have, with you when you attend.**

Before you come in to hospital for your operation, you should make sure you have a supply of simple pain relief, such as Paracetamol, as this will not be supplied for you to take home.

How is the operation performed?

Before you go to theatre for your operation, you will be given some elasticated stockings to wear. These reduce the risk of a clot in the leg, known as a deep vein thrombosis (DVT).

The operation can be performed with a general anaesthetic (asleep) or regional (awake but pain-free) anaesthetic. The anaesthetist will discuss this with you. During the operation, a cut is made in the back wall of the vagina. The sacrospinous ligament in the pelvis is located and stitches are put in it to sew it onto either the vagina (sacrospinous fixation) or cervix (sacrospinous hysteropexy). The stitches are slowly absorbed over time; eventually they are replaced by scar tissue which then supports the vagina or uterus.

A dose of antibiotics will be given during the operation to reduce the risk of infection. Sometimes an antiseptic soaked bandage (a pack) is placed in the vagina to prevent bleeding from the wound. Sometimes a catheter tube is inserted along the urethra into your bladder during the operation and left in place until the following morning. A catheter is always put in if you have a pack inside the vagina.

What will happen after the operation?

The catheter tube will be removed the morning after your operation. Most women find they only need simple pain relief such as Paracetamol. Once you are eating, drinking and passing urine normally, you will be able to go home. Most women go home the day after their operation. We will give you some medicine to take home to help your bowels move without the need to strain.

What happens after I get home?

It is normal to feel more tired than usual after an operation and this may last several weeks. It is important to take rest and allow your body to heal. However, we would advise gentle exercise, initially around the home, to help prevent a DVT. Try to avoid strenuous exercise that leaves you short of breath, heavy lifting or straining on the toilet as this can put a strain on the repair. You can start having sexual intercourse again 6 weeks after the operation.

You can drive as soon as you can make an emergency stop without it hurting. This usually takes 4 weeks. If you work, you may need a certificate for your employer. This can be supplied (on request) before you go home from hospital.

We would like to see you in the out-patient clinic 6 months after your operation to check it has healed well and see what effect it has had on your symptoms. We will ask you to repeat the electronic questionnaire as part of this follow up appointment.

What are the risks of surgery for prolapse?

Unfortunately, all operations carry some risk. It is important that you are aware of these risks and consider them when making a decision whether or not to have surgery for your prolapse. There are some general risks that are present for any operation.

Risks of all operations:

- **Anaesthetic Risks.** This is very small unless you have specific medical problems. This will be discussed with you.
- **Bleeding.** The risk of serious blood loss is very small and it is rare that we have to give a blood transfusion after prolapse operations. However, your risk of bleeding may be higher if you are taking an anti-clotting drug such as Warfarin. It is very important that you share with us any religious objection you may have to receiving blood in a life threatening emergency.
- **Infection.** There is a risk of infection at the wound site or in your bladder, which is reduced by giving you a dose of antibiotics during the operation. The risk of a serious infection is very small. You will be screened for MRSA at your pre-operative check by taking some skin swabs.
- **DVT.** This is a clot in the deep veins of the legs. The risk of a DVT is about 4 in 100 and many cause no symptoms. In a very small number of cases, bits of the clot can break off and get stuck in the lungs causing a serious, and rarely fatal, condition (pulmonary embolism). The risk of a DVT is higher in women who smoke or who are overweight. The risk can be reduced by wearing special stockings and sometimes using injections to thin the blood.

Risks of prolapse operations:

- **Pain,** including pain on intercourse. Mild pain for a few days or weeks after the operation is normal as the wounds from surgery heal. Some women also have increased back or hip pain after the operation as we need to position you with your

legs in stirrups to perform the operation. Rarely, more severe or long-lasting pain can develop after surgery, even when the operation has otherwise been successful. There are many reasons for this and it is not always possible to get rid of it.

- Worsening or persisting problems with your bladder or bowels. Many women with prolapse also have problems with their bladder or bowels. Getting rid of the prolapse bulge doesn't always make these problems better. Some problems, such as bladder leakage on coughing, laughing and sneezing, may get worse.
- Damage to the bladder or bowel. During the operation, the surgeon will make cuts and place stitches very close to the bladder and bowel. Rarely, the surgeon may make a hole in them by accident. Usually this can be repaired straight way and the operation finished as normal. However, it may affect your recovery and your surgeon will want to explain what has happened when they see you on the ward the next day. If damage isn't recognised until after the operation, it can need another operation to fix it.

Are there any other risks of the sacrospinous fixation or sacrospinous hysteropexy operation?

Risks specific to a sacrospinous fixation or sacrospinous hysteropexy, rather than other operations for prolapse include:

- Failure to treat the prolapse. 20% of women (1 in 5) who have a sacrospinous fixation or hysteropexy don't feel the surgery has helped the prolapse symptoms. A prolapse can come back after this operation.
- Buttock pain. 10% of women experience pain in the buttock for the first few weeks after surgery. This usually gets better by itself and simple **pain relief** is usually all that is required. It is also quite common to get stabbing or burning rectal pain that settles with time.

Things I would like to know before my operation.

Please list below any questions you may have, having read this leaflet.

1.

2.

What are you hoping this operation will do?

Please describe what your expectations are from surgery.

1.

2.

If you experience any problems, please ring: Out-patient nurse answerphone: (0161) 276 6911.

For urgent out of hours enquiries: Emergency Gynaecology Unit: (0161) 276 6204 (24 hours, 7 days).

Violence, Aggression and Harassment Control Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk – click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Central Manchester site.

For advice and support on how to give up smoking, go to <http://www.nhs.uk/smokefree>.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لأفراد عائلة المرضى أو اقاربهم أو اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليترتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کرسکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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