

Role of endometrial thickness in the assessment of patients after medical and surgical management of spontaneous miscarriage

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Abstract

Miscarriage is the most common complication of pregnancy, 80% of it occurs in the first 12 weeks.

Medical management of abortion is a safe and effective method and considered good alternative to surgery.

Transvaginal sonography is necessary to confirm complete evacuation of the uterus while using the endometrial thickness is confusing.

In spite that the endometrial thickness is greater in medical evacuation than in surgical evacuation but this doesn't mean the need for further surgical intervention.

Key words: Miscarriage, Misoprostol, Sonography, Endometrial thickness.

Index

<i>Chapter</i>	<i>Page</i>
Introduction	1
Aim of the work	2
Review of Literature	3-54
• Miscarriage	3
• Prostaglandins	20
• Misoprostol	30
• Role of T.V.S	47
Patients and Methods	55
Results	59
Discussion	77
Summary	81
Conclusion	84
References	85

List of figures

<i>Fig. No.</i>	<i>Title</i>	<i>Page No</i>
1	A Picture showing subchorionic haematoma and bleeding.	10
2	An Algorithm of vaginal bleeding in early pregnancy	14
3	Biosynthesis of Ecosanoids	22
4	Structure of Thromboxane A2, PGs E1 and PGs I2	23
5	Structure of Misoprostol	31
6	Surgical and medical groups, maternal age.	59
7	Surgical and medical groups, parity	60
8	Surgical and medical groups, G.A	61
9	Surgical and medical groups, patient presentation	62
10	Endometrial thickness before and after treatment in surgical and medical groups	63

11	Correlation between the ET and G.A in the misoprostol Group	66
12	Correlation between the ET and G.A in the surgical group	67
13	Surgical and medical groups, as regards the ET after classification according to the cut off value.	68
14	Surgical and medical groups, vaginal bleeding after management.	69

List of Pictures

Picture No	Title	Page No
1	An ultrasonographic picture of incomplete miscarriage	70
2	An ultrasonographic picture showing RPOC.	70
3&4	Ultrasonographic pictures showing thick endometrium.	71
5-9	Ultrasonographic pictures demonstrating the ET after surgical management.	72-74
10-13	Ultrasonographic pictures showing the ET after medical management.	74-76

List of Tables

Table No	Title	page
1	Comparison between surgical and medical groups as regards maternal age.	59
2	Comparison between surgical and medical groups as regards parity.	60
3	Comparison between surgical and medical group as regards gestational age.	61
4	Comparison between surgical and medical groups as regards clinical presentation.	62
5	Changes in ET among the misoprostol group before and after management	63
6	Changes in ET among the surgical group before and after MVA	63
7	Comparison between ET in surgical and medical groups before surgery	64
8	Comparison between surgical and medical groups as regards ET after management	64
9	Correlation between ET versus other variables among the misoprostol group.	66
10	Correlation between ET versus other variables among the surgical group.	67
11	Comparison between surgical and medical groups as regards ET after classification according to the cut off value	68
12	Comparison between surgical and medical groups as regards vaginal bleeding after management.	69

Glossary of **Abbreviations**

CVS	Chorionic Villus Sampling
ET	Endometrial Thickness
GA	Gestational Age
GS	Gestational Sac
GSD	Gestational Sac Diameter
MSD	Mean Sac Diameter
MVA	Manual Vacuum Aspiration
PGs	Prostaglandins
RPOC	Retained Products Of Conception
TVS	Transvaginal Sonography
V.B	Vaginal Bleeding

Introduction

Aim of the work

Introduction:-

Spontaneous miscarriage refers to a pregnancy that ends spontaneously before the fetus has reached a viable gestational age. W.H.O defines it as expulsion of an embryo or fetus weighing 500 gram or less, (***Regan et al; 2000***).

Miscarriage is the most common complication of pregnancy occurring in 10 – 20 % of clinically recognized pregnancies, (***J.S.Bagrate et al; 2004***).

Miscarriage may be clinically classified into threatened, inevitable, complete, incomplete, missed and septic miscarriage, (***Togas Tulandi; 2008***).

Medical management with misoprostol is an effective and safe alternative to surgical management, (***Zhang J et al; 2005***).

Misoprostol has been investigated in the management of miscarriage and often resulting in complete expulsion of the gestational sac in more than 80% of women, (***Creinin et al; 2004***).

Ultrasound is commonly used to determine if expulsion of the gestational sac has occurred after management with misoprostol. Some investigators have used the endometrial thickness to guide the management, (***Graziosi GC et al; 2004***).

There is no clear understanding exists as to weather or not women who are sonographically diagnosed with incomplete miscarriage or retained products of conception truly need any treatment,(***Creinin et al; 2004***).

Aim of the work:-

Is to evaluate and compare endometrial thickness in women with incomplete miscarriage who were managed medically and those who were managed surgically after a period of 1 week duration.

Review of Literature

Spontaneous miscarriage is defined as pregnancy that ends spontaneously before the fetus has reached a viable G.A.

The W.H.O defines it as expulsion of an embryo or fetus weighing 500g or less from its mother, this typically corresponds to G.A of 20 to 22 weeks or less, (***Regan et al; 2000***).

- Miscarriage is the most common complication of pregnancy occurring in 10 -20% of clinically recognized pregnancies, (***J.S Begrate; 2004***).
- First trimesteric miscarriage affects about 15% of all pregnancies, (***Weeks and Gemzell; 2006***).
- Eight to 20% of clinically recognized pregnancies under 2 weeks of gestation will undergo spontaneous miscarriage, 80% of them will occur in the first 12 weeks, (***Wang et al;2003***).

■ **RISK FACTORS:-**

1- Age: advancing maternal age is the most important risk factor for spontaneous miscarriage in healthy women the overall rate of spontaneous miscarriage was 11% and the approximate frequencies of clinically recognized miscarriages according to maternal age were; age 20-30 years 9-17%, age 30-35 years 20%, age 35-40 years 40% and age 45 years 80%, (*Nybo Andessen et al; 2000*).

2- Previous spontaneous miscarriage: the risk of miscarriage is about 20% after one miscarriage, 28% after 2 consecutive miscarriages and 43% after 3 or more consecutive miscarriages, (*Regan et al;1989*).

3- Smoking: heavy smoking greater than 10 cigarettes per day is associated with increased risk of pregnancy loss, relative risk 1.2 to 3.4%, (*Ness et al;1999*).

4- Alcohol consumption: Alcohol consumption is associated with an increased rate of miscarriage. One study reports an increase in the first trimester miscarriage with alcohol consumption of more than five units a week, although no increase in second trimester losses, (*RCOG Guidelines Statement No. 5; 2006*)