

MIGS new patient ultrasound information

Kia ora,

You have been booked to see a member of our Minimally Invasive Gynaecology Service (MIGS) team. Our team is made up of experienced Gynaecologists and specialist nurses.

Your appointment will take 20-40 minutes, and you may be offered an ultrasound in clinic. This can help us diagnose conditions such as endometriosis or fibroids and help in planning future surgeries if required. The ultrasound generally takes 5-15 minutes and can be done in the same appointment as your discussion with the doctor.

What is an ultrasound?

An ultrasound is a very safe and widely used medical technique. In an ultrasound, sound waves are passed through a part of your body using a handheld tool. A computer takes the sound waves and uses them to display a black-and-white image on a screen. There are no known side effects or risks of ultrasound.

Trans-vaginal ultrasound is commonly used in gynaecology. This is where a transducer (which looks like a slim wand) is placed inside the vagina to get a view of the uterus, ovaries and surrounding areas. The transducer is moved around slowly to get better views of different internal organs.

We use Advanced Trans-vaginal Ultrasound (aTVUS) to look for evidence of many different conditions including endometriosis. aTVUS scans are different to standard trans-vaginal scans you may have had elsewhere. Advanced scans are very good at detecting ovarian endometriomas (a form of endometriosis in the ovary) and deep infiltrating endometriosis.

When evidence of endometriosis is visible on these scans, there is a 90-96% chance endometriosis is present. If no evidence of endometriosis is seen, there is still a 35% chance there could be pelvic endometriosis lesions or superficial (Stage 1 or 2) endometriosis. Your doctor will discuss the results of the scan with you and make a plan for the next steps.

All our doctors are experienced in transvaginal ultrasound and have extra training in recognising endometriosis on ultrasound.

What to expect

If an ultrasound is offered to you, the doctor will talk to you about why they recommend it. Before going to the ultrasound room, they will get your verbal consent. Your doctor will continue to talk to you throughout the procedure about what they are doing. We encourage you to bring a support person.

We wish to make your ultrasound as easy and comfortable as possible. Please tell your doctor at any time if you feel uncomfortable for any reason. If you wish for the examination to stop, please tell your doctor and they will stop. You do not have to explain why.

You will need to lie down for the ultrasound and remove your lower clothing. A clean sheet will be given to you allowing you to cover yourself. You will be supported by the doctor and chaperone (nurse or health care assistant). Your support person can also be with you in the room if you would like.

A protective cover and ultrasound gel will be placed over the transducer before it is placed in your vagina. This is for your safety and comfort. You have the option of placing the transducer in your vagina yourself. Please advise your doctor if you are allergic to latex.

Occasionally, the doctor may ask you if another doctor can come in during the procedure to see the ultrasound and give their opinion. You are welcome to say no to this if you would prefer.

