



## HEMATOMETROCOLPOS IN A PUBESCENT GIRL

## Nursing

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## ABSTRACT

Hematometrocolpos is a rare congenital abnormality of the female urogenital system that leads to an imperforate hymen and subsequent retrograde menstruation [1]. We present the case of a 13-year-old female patient who presented to the Gynae outpatient department with amenorrhoea and abdominal pain, and was found to have an imperforate hymen and Hematometrocolpos on trans-abdominal ultrasound. It is important for gynecologist to consider this diagnosis in pubescent female patients presenting with abdominal pain, as missed diagnosis can lead to infertility and other complications.

## KEYWORDS

Hematometrocolpos, Pubescent Girl, Infertility, Hymenectomy, Vaginal stenosis, Vaginal atresia

## Case Report:

A 13 year old female presented to Gynae outpatient department with the complaints of severe abdominal cramp pain for past 1 week and three episodes of vomiting. She reported with abdominal distention and not yet experienced menarche. After a thorough examination the gynecologist reported as Abdominal examination was notable for mild distension, suprapubic tenderness, and a palpable mass in the lower abdomen and pelvis. Bowel sounds were normal. Pelvic examination was notable for a bulging, tense, blue, imperforate hymen. She advised for admission and ordered to do cbc, viral markers and ultra sound. The CBC report says severe anemia, viral markers are non reactive and negative. The ultra sound report says distended vaginal canal, markedly enlarged uterus, and moderate hydronephrosis bilaterally. Then doctor advised for RFT and the reports are normal. Now she was diagnosed for hematometrocolpos Then planned for the hymenectomy surgery. After proper anesthetic opinion surgery posted and drained 1200 ml of dark brown fluid. Patient shifted to recovery ward. Her vitals are stable. After proper recovery from Anesthesia patient got shifted to ward. After one week of hospitalization she got discharge. After one month of surgery patient got regular menstrual flow.

## DISCUSSION

## Definition:

A rare congenital anomaly of the female urogenital system called hematometrocolpos causes an imperforate hymen and retrograde menstruation as a result. Hemostasis resulting from external compression of the ureters can cause hydronephrosis, sterility, and pain in the abdomen and pelvis.<sup>2</sup>

## Incidence:

The estimated incidence rate in teenagers is 1 in 1000-2000<sup>2</sup>

## Symptoms:

Symptoms are abdominal pain, pelvic pain, and vomiting. Less common symptoms include back pain, constipation, urinary retention, or urinary incontinence<sup>3</sup>

## Causes:

There are four possible causes of hematometrocolpos<sup>2</sup>

- Imperforate hymen: This occurs when the hymen completely encloses the vaginal entrance. The most frequent type of vaginal obstruction is caused by an imperforate hymen. A girl's imperforate hymen is a birth defect. Nobody is aware of the cause of this. The mother did not do anything to provoke it.(5)
- Vaginal stenosis: This is a shortening and narrowing of the vagina. This may make it difficult or even unpleasant to have intercourse, use tampons, or have pelvic exams.(6)
- Vaginal atresia: A congenital condition where the vagina is either closed or nonexistent. This disorder usually occurs in conjunction with other developmental issues that a female newborn may be experiencing.(6)

- Transverse vaginal septum: This tissue "wall" that is horizontal in nature possesses

## Management:

Treatment consists of hymenectomy and drainage. When complications are found (f.i. hydronephrosis or evidence of perforation), management may include more urgent treatment.<sup>8</sup> Redundant hymenal tissue is also removed. If the diagnosis of hematometrocolpos is missed or delayed, patients may develop retrograde menstruation, endometriosis, pelvic adhesions, fallopian tube damage, and infertility.<sup>11</sup>

## CONCLUSION:

Hematometrocolpos is a rare congenital abnormality of the female urogenital system that leads to an imperforate hymen and subsequent retrograde menstruation. Complications of Hematometrocolpos include abdominal and pelvic pain, hydronephrosis from extrinsic compression of the ureters, and infertility. It is therefore important to consider the diagnosis of Hematometrocolpos in young female patients presenting with abdominal pain, which can be confirmed by examination and transabdominal ultrasonography.

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