

# 10 steps to approach large ovarian masses through vNOTES

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vNOTES (vaginal Natural Orifices Transluminal Endoscopic Surgery) is a technique that allows abdominal cavity access, merging traditional vaginal surgery techniques<sup>1</sup> with modern laparoscopic ones.

Frequently, the gynecologic oncologist is faced with large ovarian masses that exhibit benign characteristics but demand a surgical approach guided by oncologic principles. Laparoscopy is used in many of these cases with acceptable results from an oncologic perspective.

A prospective trial that compared vNOTES adnexectomy to laparoscopy reported that vNOTES was associated with shorter operating times and lower pain scores.<sup>2</sup>

Usually, the contraindications for the vNOTES procedure are rectovaginal endometriosis, a history of a severe pelvic inflammatory disease, or pelvic

radiotherapy. Multiple previous cesarean sections can be considered as a relative contraindication.<sup>3</sup>

Although the vNOTES approach for ovarian masses has been performed for some years,<sup>4</sup> standardization is needed for specific situations as we propose here in 10 steps:

- Step 1. Selecting the case.
- Step 2. Positioning the patient and the surgical team.
- Step 3. Accessing the cavity.
- Step 4. Vaginal port.
- Step 5. Cavity inspection.
- Step 6. Sealing and division.
- Step 7. Bag the cyst.
- Step 8. Cavity revision.
- Step 9. Revise the inner ring of the vaginal port.
- Step 10. Closing the vaginal vault.

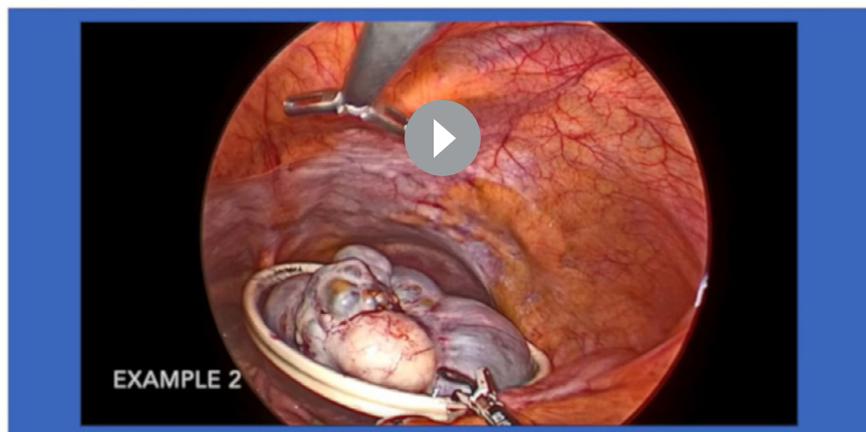
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**Video 1** Large ovarian masses and vNOTES

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## Video article

**Twitter** Glauco Baiocchi @glaucobaiocchi

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