

## COMPARISON OF POP-Q SYSTEM AND PERINEAL ULTRASOUND FOR QUANTIFICATION OF CYSTOCELE AND PATIENT SATISFACTION

### Hypothesis / aims of study

Genital prolapse, especially cystocele is a common pathology. POP-Q is used as an international standard procedure to examine this pathology. In our study we want to compare the POP-Q exam with perineal ultrasound referring to quantification of cystocele both before and after anterior colporrhaphy. Furthermore we compare patients' satisfaction according to both procedures.

Perineal ultrasound is a valid method to evaluate the urinary bladder and the pelvic floor and is well accepted amongst patients and examiners. We want to show that perineal ultrasound can also be used for quantification of cystocele and is more accepted by the women.

### Study design, materials and methods

24 patients were examined before and after anterior colporrhaphy. Prolapse was first quantified by a vaginal examination which is necessary for the POP-Q exam. Afterwards perineal ultrasound was performed. 4D ultrasound volumes were analyzed by two examiners. Measurements were taken at rest and at maximum of valsalva. The difference of both measurements was determined. Patients' satisfaction was measured with questionnaires.

### Results

All patients would agree for further perineal ultrasound procedures and 75% preferred perineal ultrasound to POP-Q exam. Ultrasound was less unpleasant and uncomfortable. Perineal ultrasound demonstrated good inter-examiner agreement both before and after surgery. Perineal ultrasound during valsalva and POP-Q exam correlated with measurements after surgery.

### Interpretation of results

Patients' satisfaction is higher according to perineal ultrasound than to POP-Q exam. Perineal ultrasound of cystocele shows good inter-examiner agreement and can be used for quantification of cystocele.

### Concluding message

Perineal ultrasound is able to quantify cystocele both before and after the anterior colporrhaphy. Patients prefer this method to the vaginal examination which is needed for the POP-Q exam. Especially for the elderly the higher satisfaction is very important. Further studies are needed to establish perineal ultrasound as a routine diagnostic procedure for quantification of cystocele.

### Disclosures

**Funding:** none **Clinical Trial:** Yes **Public Registry:** No **RCT:** No **Subjects:** HUMAN **Ethics not Req'd:** retrospective study  
**Helsinki:** Yes **Informed Consent:** No