

Evaluating the Outcomes of Vaginal Natural Orifice Transluminal Endoscopic Surgery (vNOTES) for Gynecologic Procedures at KAUH

Hanan M. Shamrani, MBBS*

ABSTRACT

Vaginal natural orifice transluminal endoscopic surgery (vNOTES) is a new surgical approach that combines endoscopic benefits with the vaginal route for various gynecological issues. vNOTES is based on minimally invasive surgery, which offers several advantages, including shorter operative time, less blood loss, and reduced postoperative pain in procedures such as adnexal surgery, myomectomy, hysterectomy, and rectal prolapse repair. The aim of this study was to evaluate the feasibility, safety, and clinical outcomes of vNOTES for gynecological procedures by comparing preoperative and postoperative variables and assessing patient satisfaction. This retrospective observational study was conducted at King Abdulaziz University Hospital (KAUH), Saudi Arabia, and involved patients who underwent vNOTES for gynecologic procedures between January 2025 and April 2025. The patients' perioperative and postoperative data were primarily collected and analyzed from the hospital's electronic medical records. All patients were satisfied with the vNOTES approach. One (11.1%) of the nine patients experienced mild vaginal bleeding. The patient who underwent conversion to laparotomy had high blood loss and the second-longest operative time. There were significant differences in operative times among the procedural subgroups, and blood loss was directly associated with operative duration. This study supports the feasibility and safety of the vNOTES for benign gynecologic procedures, although further multicenter studies with large sample sizes are needed.

Keywords: Vaginal natural orifice transluminal endoscopic surgery, vNOTES, Minimally invasive gynecologic surgery, Benign gynecologic disease, Gynecologic surgery

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* Consultant, Associate Professor,
Department of Obstetrics and Gynecology
Faculty of Medicine, King Abdulaziz University
Jeddah, Saudi Arabia.
Email: dr_hanan@yahoo.com