

# vNOTES

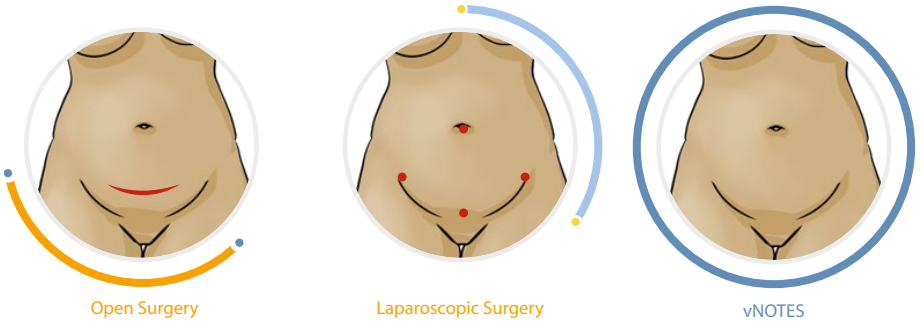
A different option for  
your hysterectomy



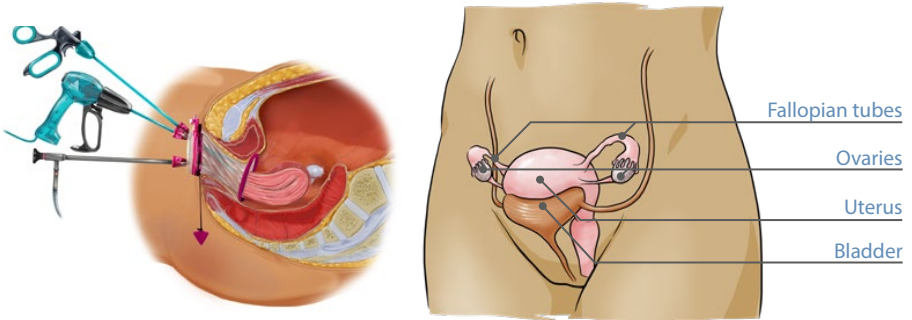
# WHAT IS vNOTES?

You play an important role in your surgery and your recovery. Research shows that patients who are well informed about their treatment options enjoy a better outcome and are more satisfied with their results.<sup>1</sup>

vNOTES (vaginal natural orifice transluminal endoscopic surgery) is another option to consider for your hysterectomy. It is the next advancement in minimally invasive surgery and does not require abdominal skin incisions.

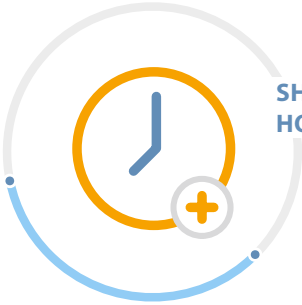


In the vNOTES procedure, your doctor uses specialized instruments inserted through the vagina instead of creating visible abdominal incisions in the body. This allows your doctor to gain access to the uterus and/or fallopian tubes and ovaries without any visible scarring.



# WHY vNOTES?

vNOTES has been shown to provide the following benefits to patients compared to the laparoscopic approach:<sup>2</sup>



**SHORTER  
HOSPITAL STAY**



**LESS  
POSTOPERATIVE  
PAIN**



**LESS PAIN  
MEDICATION**



**FASTER  
RECOVERY TIME**

# WHAT TO EXPECT WITH vNOTES

## BEFORE THE PROCEDURE

Your doctor will advise you on any pre-surgical tests and give you guidelines for eating, drinking, and taking medications.

## DURING THE PROCEDURE

- vNOTES is performed under general anesthesia, so you will be asleep throughout the procedure.
- An incision is made in the vagina, and a specialized vNOTES device is placed to provide your doctor access to the uterus and/or fallopian tubes and ovaries.
- The abdomen is inflated with carbon dioxide gas (similar to traditional laparoscopic surgery) to give your doctor the necessary space to see and operate.
- A high-definition camera and specialized instruments are inserted through the vNOTES device, allowing your doctor to operate with the utmost precision and visualization.
- Once the surgery is complete, the vNOTES device is removed, the gas is evacuated, and all internal incisions are closed.

## AFTER THE PROCEDURE

You may be discharged the same day as your procedure. Your doctor will advise you on your recovery and schedule a follow-up appointment.



## TALKING WITH YOUR DOCTOR

Only a trained doctor can determine whether you are eligible for a vNOTES procedure. All minimally invasive surgical procedures, including vNOTES, present risks to the patient, such as the potential for conversion to a traditional vaginal, laparoscopic, or abdominal approach. These specific risks may only be evaluated in consultation with a doctor experienced in vNOTES procedures.

1. Emerson, J, et al. Gynecologic Surgical Outcomes Through the Patient's Eyes: Are Physicians Looking in the Same Direction? *Obstetrical and Gynecological Survey* 2019 Jun; 74(6): 351-361.

2. Baekelandt J, et al. Hysterectomy by Transvaginal Natural Orifice Transluminal Endoscopic Surgery versus laparoscopy as a day-care procedure: a randomized controlled trial. *BJOG* 2019 Jan;126(1):105-113.

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