

PRESS RELEASE

Study confirms ultrasound-guided manual vacuum aspiration as a reliable method for first-trimester miscarriage

(Hong Kong, 25 May 2023) – **Miscarriage occurs in 10% to 20% of pregnancies, and approximately one in four women will experience a miscarriage in their lifetime. While most miscarriages are managed by medical or surgical evacuation, manual vacuum aspiration is increasingly accepted as an alternative to medical or surgical evacuation of the uterus after first-trimester miscarriages. A study conducted by medical experts from The Chinese University of Hong Kong (CUHK) demonstrated the efficacy of ultrasound-guided manual vacuum aspiration (USG-MVA) for adult women with first-trimester miscarriage in Hong Kong.**

The retrospective analysis included 314 patients with first-trimester miscarriages who underwent USG-MVA in Hong Kong between July 2015 and February 2021. All patients were well-tolerated and no major complications were noted. The complete evacuation rate was 94.6% (297/314), which is comparable to the rate (98.1%) achieved in a previous study* involving conventional surgical evacuation. The success rate of karyotyping using chorionic villi collected from USG-MVA is 95.2%, which is considerably higher than the rate of suitable samples (82.9%) obtained via conventional surgical evacuation in the same previous study*.

The research team concludes that USG-MVA is safe and effective to manage first-trimester miscarriage with minimal complications, offering an alternative to medical and conventional surgical evacuation. Although the technique currently is not extensively used in Hong Kong, its broader clinical application could avoid general anaesthesia and shorten hospital stay.

The article “Five-year retrospective review of ultrasound-guided manual vacuum aspiration for first-trimester miscarriage” was published in the *Hong Kong Medical Journal*.
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新聞稿

超聲波引導式手動真空抽吸術安全有效治療早孕期流產

(香港，2023年5月25日) — **10%至20%**懷孕婦女會有機會流產，大約四分之一的女性在其一生中就會經歷流產。現時治療流產的主要方式為藥物流產或手術刮宮，手動式真空抽吸術漸漸被接受替代兩者來治療早孕期流產。香港中文大學婦產科研究團隊的研究顯示了超聲波引導式手動真空抽吸術在香港治療早孕期流產的成效。

該該回顧性研究分析了314名於2015年7月至2021年2月期間在香港接受超聲波引導式手動真空抽吸術治療早孕期流產的成年女性。所有患者對整個程序的耐受良好，並未發現重大併發症。該手術清除流產組織成功率為94.6% (297/314)，與常規刮宮手術的先前研究* (98.1%)相若。而接受該手術的患者中，使用流產組織樣本中絨毛膜絨毛進行核型分析的成功率是95.2%，這大大高於同一項先前研究*中使用常規刮宮手術獲得的合適流產組織樣本率(82.9%)。

研究團隊認為，超聲波引導式手動真空抽吸術是一種安全有效治療早孕期流產的方法，出現併發症機會小，是藥物流產及常規刮宮手術以外的選擇。雖然該手術目前在香港並未廣泛使用，但臨床上廣泛應用可避免全身麻醉並縮短住院時間。

詳細內容可參閱原文《超聲波引導式手動真空抽吸術治療早孕期流產：五年回顧性研究》。

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* Kong GW, Lok IH, Yiu AK, Hui AS, Lai BP, Chung TK. Clinical and psychological impact after surgical, medical or expectant management of first-trimester miscarriage—a randomised controlled trial. Aust N Z J Obstet Gynaecol 2013;53:170-7.

Source: Olivia SY Chau, Tracy SM Law, Karen Ng, et al. Five-year retrospective review of ultrasound-guided manual vacuum aspiration for first-trimester miscarriage. Hong Kong Med J 2023;29:Epub 25 May 2023. <https://doi.org/10.12809/hkmj2210127>.

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