

TCS/18/43 - The Effectiveness of laparoscopic treatment of isolated Superficial Peritoneal Endometriosis for managing chronic pelvic pain in women: a randomised controlled feasibility trial

Endometriosis (where cells similar to the womb-lining are found outside the womb) affects ~176 million women worldwide and can lead to debilitating pelvic pain. Three subtypes of endometriosis exist, with ~80% of women having 'superficial peritoneal' endometriosis (SPE). Endometriosis is diagnosed by keyhole surgery (laparoscopy) and, if SPE is found, gynaecologists usually treat it surgically. However, many women get limited pain relief from surgical treatment of SPE. We therefore plan to undertake a future large trial across the UK where women who have only SPE found at laparoscopy are randomly allocated to have surgical treatment, or not to have it treated straightaway. Ultimately, we want to determine whether surgical treatment improves overall SPE symptoms and quality of life, or whether surgery is of no benefit, exacerbates symptoms, or even causes harm. However, first we plan a feasibility study of up to 90 women, recruiting for nine months, from four Scottish hospitals. We aim to determine what proportion of women with chronic pelvic pain undergoing laparoscopic investigation for suspected endometriosis would be willing to take part and how best to design the future trial.