

Question 46 – Week of June 24

18 year old female presents with intermittent abdominal pain. Pain is crampy in nature, lasts 3-5 days, and occurs about monthly. No change with food or bowel movements. She is asymptomatic between episodes, and treats the episodes with NSAIDs. She also notes nosebleeds during the episodes. A colonoscopy performed during an episode shows a 1 cm rectal subepithelial blue-black nodule, but EUS when asymptomatic is normal.

What is the appropriate next step in management?

- A. Refer to surgery for hemi-colectomy
- B. Refer to gynecology for laparotomy
- C. Do nothing; this is blue rubber bleb nevus syndrome and does not need treating unless bleeding occurs.
- D. Start mesalamine

Answer: B

This describes a classic case of intestinal endometriosis. Keys to diagnosis are the cyclical nature of the symptoms, and no change with BM/food. Nosebleeds are also classically seen in endometriosis.

Reference:

Nasim SH, et al. Sigmoid endometriosis and a diagnostic dilemma - A case report and literature review. *Int J Surg Case Rep.* 2011;2(7):181-4.