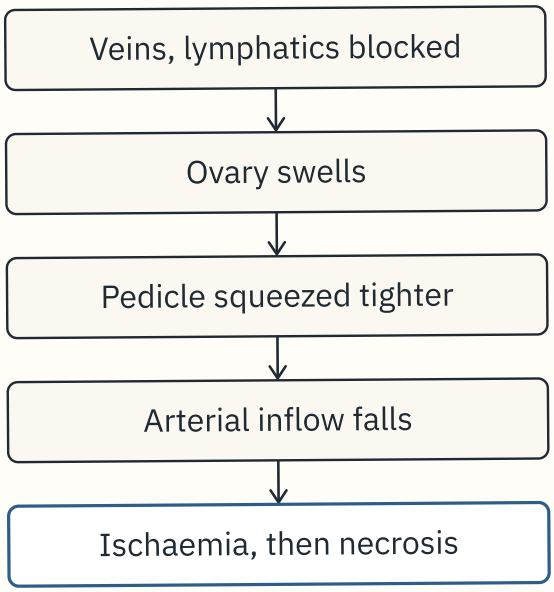
Adnexal torsion

Why normal Doppler does not exclude it



Step by step

1. Sudden severe one-sided pain with vomiting
2. Pregnancy test first
3. Transvaginal ultrasound
4. Suspicion high: laparoscopy now
5. Untwist and conserve the ovary

Doppler	Meaning
Absent flow	Very specific for torsion
Normal flow	Does not exclude torsion
Ultrasound overall	Supports, cannot rule out
Definitive diagnosis	Only at surgery

Doppler in suspected torsion

Rule of thumb

Ultrasound can support torsion, but cannot rule it out

Two blood supplies: ovarian and uterine arteries

Mass larger than 4 cm: risk factor

Exam traps

- ! Normal Doppler flow does not exclude torsion.
- ! Do not delay laparoscopy for more imaging.
- ! A dark, swollen ovary often recovers: untwist it; removal is rarely needed.

Adnexal torsion: why normal Doppler does not rule it out
Video, written lesson, practice question and sources: medservatory.com/usmle-step-2-ck/ob-gyn/ovarian-torsion-diagnosis

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