

Torsion Spleen in Pregnancy

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Abstract

Second gravida in her fourth month of pregnancy, Acute Abdomen, Mass per abdomen, USG and MRI done, Enlarged spleen, Laparotomy done, Splenectomy due to torsion and gangrenous changes.

Keywords: Rare case; Torsion spleen in pregnancy; High mortality rate if undetected

Introduction

Acute pain in the abdomen in pregnancy may be due to many causes. The enlarged uterus may mask many other causes of pain. Torsion of enlarged wandering spleen is a rare complication but according to reports it carries 41% mortality in pregnancy and puerperium, perhaps because it is not diagnosed.

Case Report

A 23 year old second gravida presented with acute abdominal pain and vasovagal attack on March 23rd. Her LMP was December 18th 2023. She was 16 weeks pregnant. She recovered with first aid measures. USG was done. Enlarged spleen upto suprapubic region was noted.

As she had her first delivery from this hospital, 2 years ago, records were perused. It was an uneventful one with no enlarged spleen.

Patient refused admission and went home. Next day, early in the morning she was brought with severe pain and tenderness in the abdomen. It was on a Sunday, and the surgeon was immediately called in.

Blood tests were showing Anaemia, raised blood count and

CRP. Platelet count was normal [1-3].

MRI was done. It showed a wandering spleen with torsion. Emergency laparotomy was done. A grossly enlarged spleen with a gangrenous appearance was removed in toto. Postoperative period was uneventful.

She had a Fetal Medicine scan done after a week. Foetus was alive and the growth was corresponding to menstrual age. Subsequent blood tests and examinations were within normal limits.

She is due in September. Hoping for a safe delivery for Mother and baby.

Discussion

Wandering, enlarged spleen and its complications are seen only in less than .05% in pregnancy.

Causes of Splenomegaly may be due to

Tropical Splenomegaly 52.7%
Portal Hypertension 26.3%
Tuberculosis 8.8%
Leishmaniasis 5.3%
ITP 3.5%

Mean spleen length in pregnancy is usually 10cm. Here it was 26cm long.

Conclusion

High degree of suspicion and proper clinical assessment along with Ultrasound can clinch the diagnosis. Emergency surgery can be a lifesaver.

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- The relatives of the patient, who in spite of doubts, agreed to the emergency laparotomy.

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