### CLINICAL PATHWAY: Ovarian Torsion

**Inclusion Criteria:** ≥ 2 yr old, female with suspected ovarian torsion based on history and physical

**Exclusion Criteria:** < 2 yr old, male, no suspicion of ovarian torsion based on history and physical

**STAT pelvic ultrasound with doppler**

**Abnormal Ultrasound?**
- ≥ 1 feature present
  - Enlarged heterogeneous ovary compared to opposite side
  - Abnormal ovarian location (midline or change from prior)
  - Ovarian cyst > 5cm
  - Absent or decreased ovarian blood flow (venous or arterial)

  *presence of vascular flow to ovary does not exclude ovarian torsion*

**Consider alternate diagnosis**

**Operative Treatment:**
- Laparoscopic detorsion (in most cases)

**Yes**

- Consult Pediatric Surgery
- Make NPO and start MIVF
- Send serum tumor markers (α fetoprotein and β hCG [quant]; additional tumor markers at the discretion of the attending surgeon)
- Clean case (antibiotics not indicated)

**Post-Op Pain Control:**

**Initial pain control:**
- Toradol 0.5 mg/kg/dose (max 30 mg/dose) IV q6hr x48hr
- Acetaminophen 15 mg/kg q6hr PO/PR ATC (max 1000 mg/dose; max 75 mg/kg/day, not to exceed 4000 mg/day)
- Morphine 0.1 mg/kg/dose (max 5mg/dose) IV q3hr PRN pain

**Once pain well controlled:**
- Acetaminophen 15 mg/kg/dose (max 650 mg/dose) PO q4h ATC
- Change toradol to Ibuprofen 10 mg/kg/dose (max 600 mg/dose) PO q6hr ATC
- Change morphine to Oxycodeone 0.1 mg/kg/dose (max 5 mg/dose) PO q4h PRN

**Nutrition:**
- Clears, advance to regular diet as tolerated

**Discharge Criteria:**
- Tolerating diet, pain controlled with PO pain medications, no fevers, adequate urine output

**Discharge Medication and Instructions:**
- Ibuprofen 10 mg/kg (max 600 mg/dose) PO q6hr PRN
- Acetaminophen 15 mg/kg (max 650 mg/dose) PO q6hr PRN
- Follow up 4-8 weeks with Pediatric Surgery
- Repeat pelvic ultrasound at the discretion of the attending Pediatric Surgeon

**Typical Clinical Features:**
- Female w/sudden onset lower abdominal pain
- Crampy, usually unilateral
- Often nausea/vomiting
- Lower abdominal tenderness