

## Clinical Image

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# Unveiling the hidden: Point-of-Care Ultrasound (POCUS) reveals the diagnosis of rectus sheath hematoma

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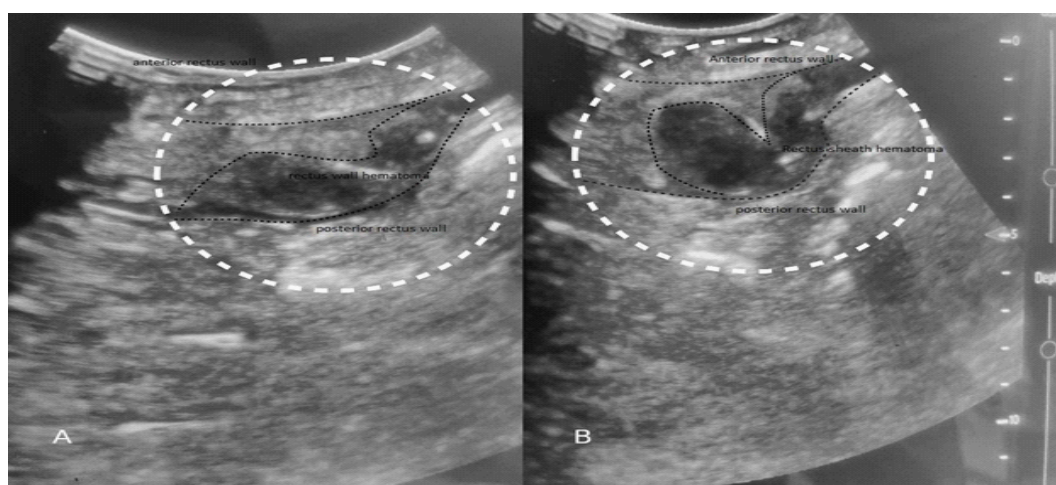
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### Description

A 42-year-old female with abdominal pain and on anticoagulation presented with an acute Rectus Sheath Hematoma (RSH), a rare abdominal pathology. Point-of-Care Ultrasonography (POCUS) was performed at the bedside, revealing a hypoechoic lesion in the left rectus sheath causing mass effect, consistent with RSH. The ultrasound image depicts the hematoma as a dark area within the rectus sheath, demonstrating the util-

ity of POCUS in rapid and noninvasive diagnosis. Conservative management was pursued, leading to excellent outcomes. This case underscores the importance of POCUS as a first-line imaging tool for diagnosing RSH, enabling real-time assessment of hematoma size, extent, and progression. Knowledge of sonographic features is crucial for timely diagnosis and preventing life-threatening complications. POCUS facilitates expedited conservative management of RSH, optimizing patient outcomes.



**Figure 1:** Image is created utilizing curvilinear probe of POCUS, showing anterior and posterior rectus wall encasing hematoma in between.

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