

# Douglas pouch

The **space of Douglas** is the lowest-reaching region of the peritoneal cavity in a woman.

It is a long narrow protrusion of the peritoneum in the small pelvis, which is bounded in front by the womb and in the back by the rectum - anatomically **excavatio rectouterina**. Due to its position, the **pathological content** of the abdominal cavity (pus, blood, ascites) can easily flow into it, e.g. during inflammation, tumors, ectopic pregnancy, NPB .

An examination of the Douglas space is possible per rectum, when it can be manifested by arching and pain. An ultrasound will show an increase in fluid between the uterus and rectum. To determine the contents, the Douglas space can be punctured through the posterior vaginal vault, transrectal access is possible in the case of an abscess. Emptying the purulent contents accelerates the treatment.

The space is named after the Scottish physician, anatomist and obstetrician **James Douglas** (1675–1742).

In men, there is a similar space between the back wall of the bladder and the anus - **excavatio rectovesicalis** (**Prousts space**) - it is located a little higher.



UZ fluid in Douglas space

## Links

### Related Articles

- Peritoneum
- Womb
- Rectum
- Bladder

### References

- PROF. MUDR. PETROVICKÝ, Pavel DrSc. *Anatomy with topography and clinical applications*. 1. edition. Osveta, 2001. 560 pp. vol. 2. ISBN 80-8063-047-X.
- ČIHÁK, Radomír – GRIM, Miloš. *Anatomy*. 2. 3. edition. Grada, 2013. ISBN 978-80-247-4788-0.