

## HOLMIUM LASER ENUCLEATION OF PROSTATE (HOLEP) – NEW GOLD STANDARD TREATMENT FOR BPH

### Introduction

BPH is a prevalent problem in the ageing male. Transurethral resection of the prostate (TURP) has been the standard surgical treatment for over 4 decades. Holmium Laser enucleation of prostate (HoLEP) has now established itself as the new gold standard surgical treatment for bladder outflow obstruction.

It is a safe, durable and cost-effective treatment. HoLEP is establishing itself as the new standard of care for BPH.

### Design

HoLEP is offered to all patients presenting with bladder outlet obstruction who have failed medical therapy. We perform it as a 23hour stay in our Urology unit. We analysed our results of 300 patients who underwent surgery between 2006 and 2010. The duration of hospital stay, operative procedure time and theatre consumable cost were analysed.

The video shows the initial bladder neck incisions at 5 and 7 o'clock followed by enucleation of median and then each of the lateral lobes. This is followed by morcellation of the enucleated prostate lobes.

### Results

Patients between 42 and 89 years of age underwent HoLEP. Initial 50 cases had a steep learning curve with average theatre time for a 40gram enucleation at 90 minutes. We can now perform a 60-80gram enucleation at 45 minutes (Laser time 30minutes and morcellation 10-15 minutes). The largest enucleation we have performed is 340gms.

Bladder irrigation is required for only 1-2 hours post-surgery and catheter is removed on the next morning. In the initial 50 cases 3 patients required blood transfusion due to postoperative bleeding. None of the last 100 cases have required blood transfusions. Average stay in hospital is 1-2 days, older men with multiple co-morbidities tending to stay over 1 day. The cost of consumables in theatre is £115 cheaper than those for standard TURP.

### Conclusion

HoLEP is a cost-effective and durable treatment option for all size prostates. It now has NICE approval in the U.K. as a good option for BPH treatment.

### References

1. CG 97 Lower urinary tract symptoms, NICE guidelines

<b><i>Specify source of funding or grant</i></b>	<b>none</b>
<b><i>Is this a clinical trial?</i></b>	<b>No</b>
<b><i>What were the subjects in the study?</i></b>	<b>HUMAN</b>
<b><i>Was this study approved by an ethics committee?</i></b>	<b>No</b>
<b><i>This study did not require ethics committee approval because</i></b>	<b>standard treatment of care for BPH</b>
<b><i>Was the Declaration of Helsinki followed?</i></b>	<b>Yes</b>
<b><i>Was informed consent obtained from the patients?</i></b>	<b>Yes</b>