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Authors: Sung Hoon Do, Hyung Ki Choi

Institution: The Department of Urology and Institute of Andrology, Yonsei University, College of Medicine

Title: Transurethral ethanol injection therapy for BPH : Preliminary report

Aims of study:

We evaluate the efficacy of ethanol injection therapy for BPH.

Methods:

Using an endoscopic injection set, dehydrated ethanol was injected transurethrally in the 15 patients diagnosed with BPH by DRE, IPSS, uroflowmetry, bladder scan, TRUS, and PSA. Endoscopic injection was performed at 2 to 6 sites in the prostate according to endoscopic findings. The total amount of ethanol injected averaged 9.7 ± 4.9 ml (4 ~ 28).

Results:

The prostate volume averaged 42.4 ± 11.6 ml, the mean maximal flow rate 8.2 ± 3.6 ml/sec, and the residual urine volume 58.1 ± 40.3 ml in the 15 patients. The urethral catheter was removed on average 4.1 ± 2.3 days postoperatively and urinary retention occurred in 5 patients. After removal of urethral catheter, the mean maximal flow rate was 10.1 ± 3.9 ml/sec ($p > 0.05$) and the residual urine volume 63.3 ± 61.5 ml ($p > 0.05$). After on average 11.9 ± 3.4 days postoperatively, the mean maximal flow rate was significantly increased to 11.3 ± 3.0 ml/sec ($p < 0.05$) and the residual urine volume was decreased to 30.1 ± 30.8 ml ($p > 0.05$).

Conclusions:

The initial results of ethanol injection therapy showed positive effects in patients with bladder outlet obstruction due to BPH. Further study on the prostate volume and follow up study on uroflowmetry and residual urine volume are warranted.