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TIME TO LOOK BEYOND URETHRAL DILATATION FOR FEMALE URETHRAL STENOSIS

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OBJECTIVE - Female urethral stenosis presenting with obstructive LUTS is not uncommon. Traditional surgical procedures, urethral dilatation or urethrotomy with daily or intermittent self calibration, are fraught with high recurrence rates. Herein, we present our experience of fifteen female patients of urethral stenosis (analogous to male urethral stricture disease) treated surgically (meatoplasty or urethral graft).

MATERIAL AND METHODS-

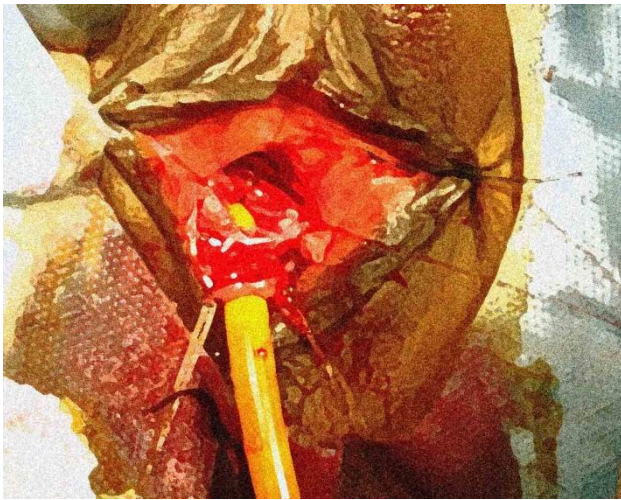
Patients with previous history of difficult urethral caliberation, dialation or urethrotomy were included. Evaluation was done with physical examination, uroflow, postvoid residue, caliberation and micturating cysto-urethrogram. All patients had obstructive flow pattern with dilated urethra on micturating cysto-urethrogram and seven patients had postvoid residue greater than 200 ml. Patients with midurethral stenosis underwent vaginal graft uerthroplasty (three) while patients with distal urethral stenosis underwent meatoplasty (11).

RESULTS-

Follow up ranges from six months to two years. All patients had subjective improvement in symptoms. Post-operatively, calibration improved from 8.75 Fr to 16 Fr, Qmax from 8 ml/sec to 18 ml/sec and none had postvoid residue greater than 50 ml except one. Two out of 11 patients with meatoplasty required repeat urethral dilatation and calibration. None of patients had stress urinary incontinence. There were no immediate or delayed consequences like infection or bleeding.

CONCLUSION

Meatoplasty / vaginal graft urethroplasty offers durable short term result with low incidence of complications. However, long term follow up is required to establish this modality as definite procedure for female urethral stenosis



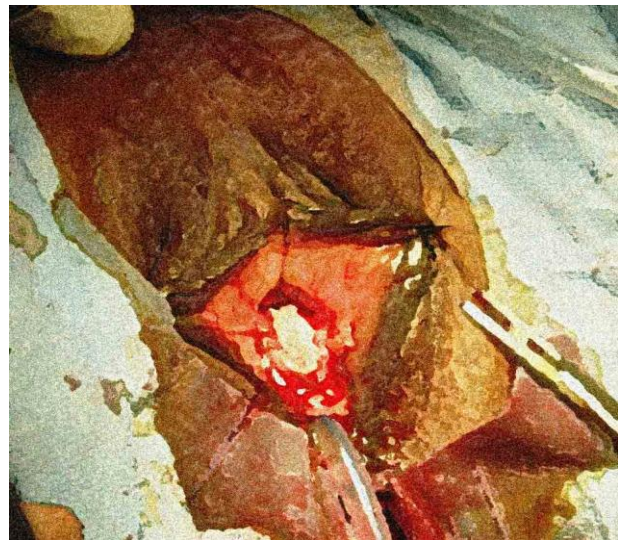
Stenosed sagement laid open



Defect identified and stay sutures taken



Vestiblar graft raised



graft applied over defect

Specify source of funding or grant	SGPGIMS, Lucknow, Uttarpradesh, India
Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	No
Is this a Randomised Controlled Trial (RCT)?	Yes
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	SGPGIMS, Ethics committee, Lucknow, Uttar Pradesh, India
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes