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Author(s):

Tsung-Hsien, Su; Ho, Hsin-Yi; Huang, Jian-Pei; Yang, Jenn-Ming
Double Spacing

Institution
City
Country

Urodynamic Unit, Dept of Obstetrics and Gynecology, Taipei City, Taiwan
Double Spacing

Title (type in
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SUBTRIGONAL ALCOHOL INJECTION FOR DETRUSOR INSTABILITY

Aims of Study: To evaluate the results of subtrigonal alcohol injection in the treatment of detrusor instability (DI) and to determine whether it is a treatment of choice for patients who are refractory to conservative treatment.

Methods: Eight patients with urodynamically proven DI were recruited to this study and treated with subtrigonal injection of 95% alcohol. The outcome of the procedure was evaluated subjectively by questionnaire in all 8 patients and objectively in 6 patients with urodynamic studies at a median of 6 months after treatment.

Results: All patients believed that they were completely cured or greatly improved postoperatively. Six underwent postoperative urodynamic studies and all revealed a reduced DI index ($p=0.032$ by Wilcoxon signed-rank test). Three patients also had increased bladder capacity. Two case of underactive detrusor and one of prolonged urine retention were found as complications of the procedure. No fistulae developed in our patients.

Conclusions: From the results of this study, we believe that subtrigonal alcohol injection is relatively simple procedure, and a reasonable alternative to other more invasive surgical modalities for patients with DI. All our patients had symptomatic improvement and, in those studied, objective improvement by urodynamics, including reduced DI index. However, the incidence of underactive detrusor in several patients may have had a significant impact on initial postoperative complications. Since our case number is to small to draw a firm conclusion, further study and long term follow-up are needed.