

NASHA/DX GEL (ZUIDEX™) FOR THE TREATMENT OF STRESS URINARY INCONTINENCE, HOW LONG DOES LAST?

Hypothesis / aims of study

There are several procedures for managing female patients with stress urinary Incontinence, one of them urethral bulking agents. NASHA/DX gel, non-animal stabilised hyaluronic acid/dextranomer can be injected by 4 pre-filled syringes through imp lacer device, Zuidex, under local anaesthetic. Urethral bulking agents are not seen as cost effective treatment because of the need for repeat injections. Chapple et al, 2005, noted no significant deterioration over 12 months period

Study design, materials and methods

Patients older than 25 years or older presenting with symptoms of stress urinary incontinence were investigated in a one stop urogynaecology clinic. All patients had intensive course of pelvic floor exercises by a dedicated physiotherapist with no improvement. Investigations included a midstream urine sample, ICS one hour pad test, cystometry and three days fluid chart. SUI confirmed by provocative testing. Severity of symptoms were assessed with patient's global impression and VAS.

Efficacy was evaluated by examinations patients at one week with provocative testing with full bladder and post maturation scan, global impression. At 6 months one year ICS one hour pad was performed. The main outcome points is need for re-injection or other procedures.

Results

A total of 25 patients received Zuidex two years ago. The average age was 54 years old range 34 to 84 years. The average body mass index was 27.1 with a range from 23 to 36. The average ICS one hour pad was 32 mls the range 5 – 64 mls.

All patients but one had no demonstrable stress incontinence at week appointment. The remaining patient went on to have TVT-o because of hyper-mobility

The 6 months ICS one hour pad test on average was 1.5 with a range of Zero to 6mls. There were No differences between the 6 months and one years follow up. There were no differences in the 12 months like Chapple, 2005. In the further none of the patients None of the patients had a post operative high residual urine, all were less than 100mls.

No serious adverse events reported in this cohort of patients

Non of the patients had a secondary injection.

Interpretation of results

We can conclude that Zuidex injected in the female urethra can be effective up to two years or so

Concluding message

Zuidex is effective in managing stress urinary incontinence, SUI, in women, the treatment did not have any serious side effects all patients but one were cured or improved. Zuidex longevity in the female human urethral bulking lasts for 2 years or so. Further long term studies are recommended, cost effectiveness studies are recommended..

References

Chapple, CR et al, 2005, An open, Multicentre Study of NASHA/DX Gel (Zuidex™) for the Treatment of Stress Urinary Incontinence European Urology 48; 488-494

Periurethral injection therapy for urinary incontinence in women, The Cochrane library 2006

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DISCLOSURES: NONE

HUMAN SUBJECTS: This study did not need ethical approval because OBSERVATION/AUDIT OF PRACTICE but followed the Declaration of Helsinki Informed consent was obtained from the patients.