

EFFICACY OF TADALAFIL ON LOWER URINARY TRACT SYMPTOMS OF PATIENTS WITH URETERAL STENTS

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Introduction: Ureteral stenting is a common intervention in endourological procedures. Despite the usefulness of stents, however, patients may experience various stent-related symptoms. These symptoms can have a significant impact on patients' quality of life. Phosphodiesterase 5 Inhibitors are recent therapeutic options for lower urinary tract symptoms of benign prostatic hyperplasia. To determine the effects of Tadalafil on stent associated symptoms, this study is performed. In this project we validate the Persian version of the Ureteral Stent Symptom Questionnaire as a reliable and valid measure to evaluate health related quality of life in patients undergoing ureteral stenting.

Materials and methods: In this triple blind Randomized Controlled Trial, 80 consecutive male patients with unilateral indwelling ureteral stents, randomly assigned to an intervention or Placebo group (40 patients in each group). Patients received 10 mg Tadalafil or Placebo once a day for four weeks and at the end of intervention asked to complete USSQ. Procedure outcome and complications were recorded.

Results: Of 80 patients who provided consent 72 successfully completed the study. The mean urinary symptom index score was 30.94 in group 1 (placebo) and 26.59 in

group 2 (Tadalafil) (P=0.0003). Stent-related pain was reported by 80% of patients in group 1 and 67.6% of patients in group 2. The mean pain index score was 20.77 in group 1 and 16.41 in group 2 (P =0.039). The mean sexual matter score in group 1 was 6.20 and 3.73 in group 2 (P=0.0007). There was no significant difference in other domains. Tadalafil had no more significant side effects than placebo.

Conclusions: Tadalafil improved stent-related urinary symptoms, pain, sexual status and overall score; and can be used as a novel treatment modality in alleviation of Lower Urinary Tract Symptom and improve quality of life in these patients.

Key words: Lower Urinary Tract Symptom, quality of life, Tadalafil, Ureteral stents.