

Alpha Blockers Impact Stent-Related Symptoms: A Randomized, Double Blind Placebo Controlled Trial

Introduction and Objectives: Ureteral stents have become an indispensable tool for the urologist. However, they are often associated with very bothersome lower urinary tract symptoms. This study is conducted to evaluate the effect of Alfuzosin on urinary symptoms, quality of life and pain in patients following double-J ureteral stent placement in a randomized placebo controlled trial.

Materials and Methods: This study was conducted from July 2008 to May 2009. A total of 130 patients underwent placement of double J stent after retrograde semi-rigid ureteroscopy for ureteral stones. They were enrolled in the study and prospectively randomized in 2 groups. Group 1 (n=65) received Alfuzosin 10 mg once daily and group 2 (n=65) received placebo for one week. Both the groups also received standardized analgesia. The stent symptoms were measured and recorded one week following the procedure. Statistical analyses were performed using Chi-square test and student t test with $p < 0.05$ considered as significant.

Results: The demographic profile including patient and stone related parameters were comparable. Group 1 had significantly less urinary symptoms ($p < 0.05$). The QoL assessment was better in Alfuzosin arm than placebo ($p < 0.001$). The mean pain score was 1.15 in group 1 and 3.89 in placebo group ($p < 0.001$). None of the patients in either of the arms withdraw from treatment; there were minimal adverse effects in the treatment arm. The limitation of the current work includes relatively smaller sample size, use of single type and make of stent.

Conclusions: Alfuzosin 10 mg once daily in patients with double J stent significantly decreases the bothersome urinary symptoms, besides decreasing significantly the pain associated with stent.