

Original Research Article

EFFICACY OF TAMSULOSIN AS COMPARED TO PLACEBO, IN REDUCING POST OPERATIVE FLANK PAIN DURING VOIDING, IN PATIENTS WITH URETERIC STENT

Comment [P1]: The title is understandable but I would reorganize the parts "as compared to placebo" and "in patients with ureteric stent" to the end

ABSTRACT:

OBJECTIVE: To evaluate the efficacy of tamsulosin in reducing post operative flank pain during voiding, in patients with ureteric stent.

Comment [P2]: Aims

STUDY DESIGN: This is a Randomized control trial (RCT) study.

SETTING: Study carried out at Department of Urology, Jinnah Post Graduate Medical Centre, Hospital, Karachi, Pakistan, from June 2016 to November 2016.

Comment [P3]: Place and duration?

MATERIAL & METHOD METHODOLOGY: 60 patients aged between 15 – 45years, undergone placement of ureteric stent to treat ureteric and renal calculi, have pain score >4, were included in the study. Divided into two groups 'group A' and 'group B'. In group 'A' and group 'B' Tamsulosin and Placebo was given respectively in patients with ureteric stent and reduction in post-operative flank pain was measured and compared. Tamsulosin is given post operatively when NPO is broken after 2 hours – 6 hours. Patients having uretral trauma, patients having BPH, patient underwent TURP or TURBT, ptent having urinary tract infection and patients with pregnancy or lactating females. All patients were receive and intravenous antibiotic (Ceftriaxone 1gm), one dose before the procedure and one dose afterward. Also all patients were receive oral analgesic (diclofenic sodium 50mg BID) and antispasmodics (Drotaverine 80mg BID). Patients were discharged after 24 hours. Postoperatively stent related flank pain during voiding was assessed via Pain Scale,

Comment [P4]: Not clear

Comment [P5]: Grammar correction

RESULTS: 60 Patients who got operated for ureteric stent. In group 'A' there were 21 males (70%) and 9 females (30%), the mean age of group A was 35.67 as In group 'B' there were of 21 males (70%) and 9 females (30%) and mean age of group A was 3.67 (Table No. 1). Mean Pain score in 'Group A' (Tamsulosin) in week 1, 2, 3, 4, 5, 6 was 4.1, 3.5, 2.9, 2.3, 1.9, 1.3 respectively as shown in Table No.2. Mean Pain score in 'group B' (Placebo) in week1, 2, 3, 4, 5, 6 was 6.9, 6.3, 5.9, 5.6, 5, 4.2 respectively as shown in Table No.2. Average pain score in 'group A' and 'group B' came out to be 2.67 and 5.64 respectively (P value 0.005).

CONCLUSION: Alpha blockers reduces the post-operative flank pain and voiding complaints in patients with ureteric stent. Our study shows that the efficacy of Tamsulosin in reducing post-operatice flank pain in patients with ureteric stent is better than placebo.

Your abstract exceeds the 300 words.

KEY WORDS: Ureteric Stent, Tamsulosin, Flank pain.

Comment [P6]: 4-8 keywords. You must include more

INTRODUCTION:

Comment [P7]: Better use numbered sections

Ureteric stents were introduced 4 decades ago by Zimskind et al [1]. Ureteric stent is used in many of the urological procedures including management of renal and ureteric stones[2]. Available literature showed increased morbidities associated with use of ureteric stents particularly flank pain during voiding [3]. Bothersome urinary symptoms has been reported in 78% of the patients whereas flank pain during voiding had been reported among 80% of the patients [4,5]. Around 45-80% of the patients with ureteric stent experienced deterioration in quality of life 6 due to above-mentioned symptoms. In spite of various attempts ideal stent could not be developed which could reduce symptoms associated with it [6,7]. Several studies have been conducted to evaluate factors which cause morbidity associated with ureteric stent placement and its treatment. Some have suggested appropriate length and position of stent [8]. In contrast others have evaluated effect of intra-vesical instillation of chemical agents [9]. Some authors postulated that alpha blockers, by blocking alpha receptors located on ureteric orifice and trigone of the urinary bladder, show effectiveness in reducing symptoms associated with ureteric stent [10,11].

After insertion of ureteric stent, due to mechanical irritation of bladder neck and trigone, it causes symptoms which resemble that of benign prostatic hyperplasia including flank pain during voiding [12]. This similarity of symptoms is because of the fact that in benign prostatic hyperplasia symptoms occur due to similar irritation of bladder neck and trigone. Due to the similar etiology of symptoms it was suggested that the medications which improve benign prostatic hyperplasia symptoms will also decrease stent related symptoms. For improvement of benign prostatic hyperplasia symptoms, role of selective alpha blockers is well proven [13]. It has been proposed that selective alpha blockers will also be helpful in

reducing stent related flank pain. In a recent study by Beddingfeild R. et al, it was shown that only 53% of the patients taking tamsulosin experienced flank pain during voiding after insertion of ureteric stent as compared to 90% of the patients who were on placebos [14].

Pakistan is located within the geographical distribution of stone disease. Urolithiasis is the commonest urological problem in Pakistan [15]. The aim of this study is to compare the efficacy of tamsulosin (Selective alpha blocker) versus placebo in patients with ureteric stent post operatively. This particular study has not been done in recent years in our population. In addition my study will emphasize in reducing the morbidity, hospital stay of patient & indirectly it will save the time, money (Government Budget) for other patient as well as will set guideline for others.

Comment [P8]: The study was conducted by only one person? First person is not recommended

Comment [P9]: Use a comma after "addition"

MATERIAL & METHODS:

Comment [P10]: Separate in at least 2 paragraphs. Too long

Comment [P11]: This phrase has no connection

After approval from College of Physicians and Surgeons Karachi Pakistan, Informed and written consent was taken from patients. 60 patients aged between 15 – 45years, undergone placement of ureteric stent to treat ureteric and renal calculi, have pain score >4, will be included in the study. Tamsulosin is given post operatively when NPO is broken after 2 hours – 6 hours. Patients having uretral trauma, patients having BPH, patient underwent TURP or TURBT, patient having urinary tract infection and patients with pregnancy or lactating females. Patients were informed about risk and benefits associated with this study and rights of participation. All those patients who fulfill the inclusion criteria were included in the study after taking informed consent. After the placement of ureteric stent "BOSTON 4.8 Fr", all eligible patients who give the consent were randomized, by opaque envelops technique, into two equal groups A and B. The patients in both groups were kept admitted in ward after ureteric stenting for 24 hours. All patents were receive and intravenous antibiotic (Ceftriaxone 1gm), one dose before the procedure and one dose afterward. Also all patients were receive oral analgesic (diclofenic sodium 50mg BID) and antispasmodics (Drotaverine 80mg BID). Patients were discharged after 24 hours. "Group A" were received tamsulosin 0.4mg once a day in postoperative period for 6 weeks. "Group B" were received placebo for 6 weeks duration. Postoperatively stent related flank pain during voiding was assessed via Pain Scale, a designed Performa was given to every patient and was asked to fill the scale on weekly basis and at the end of 6 weeks a mean of the total scores was calculated and efficacy

Comment [P12]: I suggest the fusion of these phrases

Comment [P13]: Not clear

Comment [P14]: Grammar issue

Comment [P15]: Grammar issue

Comment [P16]: Grammar issue

Comment [P17]: Grammar issue

was labeled as significant if mean pain score is ≤ 4 in the patients who were previously labeled to have significant stent related flank pain during voiding.

RESULTS:

60 Patients who got operated for ureteric stent were divided in two groups (group A and Group B). 30 Patients who were treated with tamsulosin were assigned to the 'group A', and 30 patients having placebo in their treatment were assigned to the 'group B'. In group 'A' there were 21 males (70%) and 9 females (30%), the mean age of group A was 35.67 as In group 'B' there were of 21 males (70%) and 9 females (30%) and mean age of group A was 3.67 (Table No. 1). Mean Pain score in 'Group A' (Tamsulosin) in week 1, 2, 3, 4, 5, 6 was 4.1, 3.5, 2.9, 2.3, 1.9, 1.3 respectively as shown in Table No.2. Mean Pain score in 'group B' (Placebo) in week 1, 2, 3, 4, 5, 6 was 6.9, 6.3, 5.9, 5.6, 5, 4.2 respectively as shown in Table No.2. Average pain score in 'group A' and 'group B' came out to be 2.67 and 5.64 respectively (P value 0.005).

Tables & figures should be placed inside the text.

DISCUSSION:

Ureteral stents are considered to be an integral part of endoscopic surgery, but the resulting discomfort and pain can affect the quality of life, and many patients report that this is the worst part of surgery. 80% of patients reported painful symptoms and pain related to stents, and 32% and 58% of patients reported sexual dysfunction and decreased work efficiency, respectively [16,17]. The most common symptoms include flank pain, haematuria, dysuria, frequency, and urgency. Stent pain and LUTS are attributed to local irritation of the bladder and urinary tract mucosa, which can lead to smooth muscle strain and pain caused by high-pressure ureteral reflux [18]. A device that combines these symptoms has been developed to evaluate the symptoms of the stent. The USSQ examines six areas of urinary

Comment [P18]: I suggest starting a phrase with a word, not numbers

Comment [P19]: Review grammar

Comment [P20]: Suggestion "Table 1"

Comment [P21]:

Comment [P22]: Not well explained using numbers in sequence.

Comment [P23]: Suggestion: "Table 2"

Comment [P24]: Not well explained using numbers in sequence.

Comment [P25]: See the guidelines for p values

system symptoms, body pain, general health, work performance, sexual problems, and other problems, and summarizes the scores for each section. A high score indicates a poor result.

The Arabic version of USSQ has been validated and is considered a reliable tool for assessing the symptoms and healthy QoL of patients with ureteral stents, so it was used in this study [19]. The stent can make meaningful comparisons of various interventions in ongoing work to improve tolerance. Monotherapy studies using selected alpha 1 blockers (such as tamsulosin) reported improved urinary symptoms, flank pain, pain during voiding, visual analogue pain scale (VAPS), and QoL [20]. Although urinary stents are widely used in urological surgery, they are related to diseases, including urinary tract symptoms, pain and impact on the quality of life of patients [21]. The etiologies of stent-related symptoms are not fully understood and it is thought that involuntary bladder contraction caused by trigone irritation contributes to urinary bothersome. Some researchers reported that alpha-blockers including tamsulosin and terazosin have been shown to have a positive effect on stent-related discomfort. However the study conducted by Kuyumcuoglu, reported There was no change in stent pain even after taking tamsulosin [22,23]. He believes that new strategies and stent designs are needed to reduce stent-related complications. However, a recent study found that the new stent did not improve stent-related symptoms. In view of the current research and two recently published meta-analyses, alpha blockers have been shown to be effective in reducing stent-related symptoms [23-25].

Compared with placebo users, patients treated with tamsulosin had significantly lower overall international prostate symptom score (IPSS), flank and voiding pains, analgesic counts, and QoL. Recently, two studies conducted on the effects of alpha blockers/anticholinergics on stent-related symptoms. One study found that stent positioning was more important than drug therapy, and another study found that combined therapy improved urinary system symptoms and quality of life, but did not improve pain[26,27]. In randomization more patients were observed in combined-therapy as compared with placebo group (33% vs. 12%) in PCNL procedure[28].

However, regardless of whether the patient has underwent TUL or PCNL, they have all undergone ureteroscopy or cystoscopic stent placement. Therefore, flank pain might be the only different symptom between both procedure, and the lower urinary tract symptoms might be the same for those- [29]. We concluded that the significant improvement in pain caused by tamsolin treatment compared to the placebo group can be explained by this concept. In addition, we excluded PCNL patients and only analyzed TUL cohorts that showed similar

results except voiding pain. Some studies on the position of the stent suggest that the stent passes away from the midline of the bladder through the distal end of the stent and this is significantly related to the discomfort of the ureteral stent. [30].

This study has some limitations. First, we used stents of the same size and length; However, some studies have shown that stent length is related to stent-related symptoms, while other studies have shown that it has no effect on stent discomfort. In view of this, we used the same stent, although we can also use stents of different sizes that are proportional to the length of the patient's body. Second, the timing of stent implantation varied between groups, but was not significant ($p = 0.06$). However, Irani et al. [4] ~~it~~ turns out that the symptoms associated with the stent have not changed even after a few days. Third, we use IPSS to diagnose urinary tract symptoms, but Joshi et al. A special tool for evaluating stent-related symptoms has been developed, called the Ureteral Stent Symptom Questionnaire (USSQ). Although it has been implemented in the past, we have not been able to implement it due to the lack of local language translation and its accuracy and reliability[5].

Comment [P26]: Punctuation issue

Comment [P27]: See Guideline for Reporting P values

Comment [P28]: Not clear

CONCLUSION:

Alpha blockers reduce postoperative flank pain and voiding problems in patients with ureteral stents. Our research shows that tamsulosin is better than placebo in reducing postoperative flank pain in patients with ureteral stents.

Please include Acknowledgements

Comment [P29]: This is an affirmation that may need more work to sustain it. I suggest using words like "the study observed", "it seems", "it was noticed", etc

COMPETING INTERESTS DISCLAIMER:

Authors have declared that no competing interests exist. The products used for this research are commonly and predominantly use products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

Please include Authors' Contributions

REFERENCES:

1. Zimskind PD, Fetter TR, Wilkerson JL. Clinical use of long-term indwelling silicone rubber ureteral splints inserted cystoscopically. *The Journal of urology*. 1967 May;97(5):840-4.
2. Sali GM, Joshi HB. Ureteric stents: overview of current clinical applications and economic implications. *International Journal of Urology*. 2020 Jan;27(1):7-15.
3. Betschart P, Zumstein V, Piller A, Schmid HP, Abt D. Prevention and treatment of symptoms associated with indwelling ureteral stents: a systematic review. *International journal of urology*. 2017 Apr;24(4):250-9.
4. Irani J, Siquier J, Pires C, Lefebvre O Dore B, Aubert J. Symptom characteristics and development of tolerance with time in patients with indwelling double – pigtail ureteric stents. *BJU int* 1999;84:276.
5. Joshi Hb, Stainthorpe A, MacDonagh RP, Keeley FX Jr, Timoney AG, Barry MJ. Indwelling uretric stents: evaluation of symptoms, quality of life and utility. *J Urol* 2003;169:1065.
6. Yakoubi R, Lemdani M, Monga M, Villers A, Koeing P. Is there a role for a-blockers in ureteral stent related symptoms? a systemic review and Meta-analysis. *J Urol* 2011;186:928-34.
7. Candela JV, Bellmen GC. Ureteral Stents: impact of diameter and composition on patients symptoms. *J Endourol* 1997;11:45-8.
8. Abdelaziz AY, Fouda WB, Mosharafa AA, Abelasoul MA, Fayyad A, Fawzi K. Forgotten ureteral stents: Risk factors, complications and management. *African Journal of Urology*. 2018;24(1):28-33.
9. Finlayan B, Ackermann D. Overview of surgical treatment of urolithiasis with special reference to lithotripsy. *J Urol* 1989;141:778–9.
10. Bastiampillai R, Kaplon DM, Nakada SY. Ureteral Physiology and Pharmacology. In *Urologic Principles and Practice 2020* (pp. 75-86). Springer, Cham.
11. Damiano R, Autorino R, De Sio M, Giacobbe A, Palumbo IM, D'Armiento M. Effect of tamsulosin in preventing ureteral stent-related morbidity: a prospective study. *J Endourol* 2008;22:651-9.
12. Fischer KM, Louie M, Mucksavage P. Ureteral stent discomfort and its management. *Current urology reports*. 2018 Aug;19(8):1-7.
13. Yu ZJ, Yan HL, Xu FH, Chao HC, Deng LH, Xu XD, et al. Efficacy and side effects of drugs commonly used for the treatment of lower urinary tract symptoms associated with benign prostatic hyperplasia. *Frontiers in Pharmacology*. 2020 May 8;11:658.

14. De Sio M, Autorino R, Di Lorenzo G, Damiano R, Giordano D, Cosentino L, et al. Medical expulsive treatment of distal ureteral stone using tamsulosin: a single-center experience. *J Endourol* 2006;20(1):12–5.
15. Ferre RM, Wasielewski JN, Strout TD, Perron AD. Tamsulosin for ureteral stone in the emergency department: a randomized control trial. *Ann Emerg Med* 2009;54(3):432–9.
16. Marques Santos RC, Lopes Moreira RS, Roza BD. Validation of the ureteral stent symptom questionnaire for use in Brazil. *ACTA PAULISTA DE ENFERMAGEM*. 2016 Mar 1;29(2):198-204.
17. Sali GM, Joshi HB. Ureteric stents: overview of current clinical applications and economic implications. *International Journal of Urology*. 2020 Jan;27(1):7-15.
18. Aggarwal SP, Priyadarshi S, Tomar V, Yadav SS, Gangkak G, Vyas N, Agarwal N, Kumar U. A randomized controlled trial to compare the safety and efficacy of tadalafil and tamsulosin in relieving double J stent related symptoms. *Advances in urology*. 2015 Dec 14;2015.
19. El-Nahas AR, Elsaadany MM, Tharwat M, Mosbah A, Metwally FX, Keeley Jr FX, et al. Validation of the Arabic linguistic version of the ureteral stent symptoms questionnaire. *Arab J Urol* 2014;12:290–3.
20. Chen YB, Gao L, Jiang Q, Ran K, Luo RT. Tamsulosin Monotherapy Is Effective in Reducing Ureteral Stent-related Symptoms: A Meta-analysis of Randomized Controlled Studies. *Current medical science*. 2019 Oct;39(5):707-18.
21. Miyaoka R, Monga M: Ureteral stent discomfort: Etiology and management. *Indian J Urol*. 2009;25:455-60.
22. Mokhtari G, Shakiba M, Ghodsi S, Farzan A, Heidari Nejad S, Esmaeili S: Effect of terazosin on lower urinary tract symptoms and pain due to double-J stent: a double-blind placebo-controlled randomized clinical trial. *Urol Int*. 2011; 87: 19-22.
23. Davenport K, Kumar V, Collins J, Melotti R, Timoney AG, Keeley FX Jr: New ureteral stent design does not improve patient quality of life: a randomized, controlled trial. *J Urol*. 2011;185:175-8.
24. Yakoubi R, Lemdani M, Monga M, Villers A, Koenig P: Is there a role for α -blockers in ureteral stent related symptoms? A systematic review and meta-analysis. *J Urol*. 2011;186:928-34.
25. Yoshida M, Sugiyama Y, Masunaga K, Maeda Y, Satoji Y, Nagata T, Inadome A. Effect of tamsulosin hydrochloride on lower urinary tract symptoms and quality of

- life in patients with benign prostatic hyperplasia. Evaluation using bother score. *Drugs of Today* (Barcelona, Spain: 1998). 2007 Jun 1;43:1-7.
26. Salih EM, Koritenah AK, Yehya M, Mourad MM. The efficacy of alpha-1A blocker (tamsulosin), antimuscarinic (solifenacin) and their combination in the management of double-J stent-related lower urinary tract symptoms: a randomized controlled study. *African Journal of Urology*. 2021 Dec;27(1):1-6.
27. Abdelaal AM, Al-Adl AM, Abdelbaki SA, Al Azab MM, Al Gamal KA. Efficacy and safety of tamsulosin oral-controlled absorption system, solifenacin, and combined therapy for the management of ureteric stent-related symptoms. *Arab journal of urology*. 2016 Jun 1;14(2):115-22..
28. Tehranchi A, Rezaei Y, Khalkhali H, Rezaei M. Effects of terazosin and tolterodine on ureteral stent related symptoms: a double-blind placebo-controlled randomized clinical trial. *International braz j urol*. 2013 Nov;39:832-40.
29. Tehranchi A, Rezaei Y, Khalkhali H, Rezaei M. Effects of terazosin and tolterodine on ureteral stent related symptoms: a double-blind placebo-controlled randomized clinical trial. *International braz j urol*. 2013 Nov;39:832-40.
30. Giannarini G, Keeley FX Jr, Valent F, Manassero F, Mogorovich A, Autorino R, et al.: Predictors of morbidity in patients with indwelling ureteric stents: results of a prospective study using the validated Ureteric Stent Symptoms Questionnaire. *BJU Int*. 2011; 107: 648-54

Table No.1
DESCRIPTIVE STATISTICS

Variable	Group A N=30		Group B N=30	
	No	%Percentage	NNo	Percentage
GENDER				
• Male	21	57.69%	23	65.38%
• Female	9	42.30%	7	34.61%
Age (means age Group A: 35.67±5.99, Group B: 35.04±6.42)				

Comment [P30]: In one unique line

Comment [P31]: "No" is confusing for the reader. I recommend using just "N"

Comment [P32]: I recommend not using these topic markers for tables

• 25-32 years	10	84.61%	9	76.92%
• 33-39 years	12	61.53%	12	65.38%
• 40-45 years	8	53.84%	9	42.30%

Group A: Taking Tamsulosin, Group B: Taking Placebo

UNDER PEER REVIEW

Table No.2

Weekly Pain Score

Groups	Weekly Means Pain Score					
	1st week	2nd week	3rd week	4th week	5th week	6th week
• Group A	4.1	3.5	2.9	2.3	1.9	1.3
• Group B	6.9	6.3	5.9	5.6	5.0	4.2

Group A: Taking Tamsulosin, Group B: Taking Placebo
(Means Pain Score Group A: 2.67±1.09, Group B: 5.64±1.22)

Formatted: Font: (Default) Times New Roman, 14 pt

Formatted: Normal, Indent: Left: 0.25", Space After: 0 pt, Line spacing: single, No bullets or numbering

UNDER PEER REVIEW

