



*Short-term Outcomes of Laser Endoureterotomy
in Treatment of Ureteral Strictures*

BY

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Abstract

Background & Objective: Several endoscopic techniques were developed to replace the open surgery for treatment of benign ureteral strictures. Technological advances have made laser endoureterotomy a viable option for patients with this disease. Our goal was to assess safety and efficacy of the procedure and the factors that could influence its outcome.

Patients & Methods: This is a prospective study that was done on 30 patients with benign ureteral strictures between October 2013 and May 2015, all of them underwent retrograde endoureterotomy using Ho:YAG laser. Stents were indwelling for 8 weeks. Imaging was performed 1 month after stent removal to assess the outcome. Clinical characteristics, operative data, and functional outcomes were compared for all cases.

Results: Thirty patients with mean age 48 years (range 16-75) had benign ureteral strictures. The mean stricture length was 1.12 cm (range 0.5-3). The mean operative time was 69 min (range 40-100). The mean hospital stay was 2.1 days (range 2-5). The success rate among the study cases was 73.3 % (22 cases). The success was significantly higher in cases with

strictures < 1.5 cm (94.4%) compared with the (41.7%) in cases with strictures > 1.5 cm with a P value = 0.009.

Conclusion: The Ho:YAG laser endoureterotomy has proved itself as a reasonable first-line therapy for the treatment of benign ureteral strictures. With proper case selection, especially the stricture length, higher success rates can be attained.