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Efficacy of oral steroids after TURP in reducing incidence of Bladder Neck Stenosis and Urethral stricture

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Objective: TURP is a feasible modality for treatment of BPH. Post TURP Bladder neck stenosis and urethral stricture is a known complication. This study aimed at evaluating the efficacy of oral steroids (Dexamethasone) in reducing the incidence of bladder neck stenosis and urethral strictures post TURP. Up to date no study has evaluated the role of oral steroids after TURP.

Material and Methods: In this case control study, patients undergoing TURP, were divided into two groups according to patients receiving (Group 1) and not receiving (Group 2) oral steroid (Dexamethasone 5mg). Both groups were controlled at 1, 3 and 6 months after catheter removal (usually tenth day after TURP) with uroflowmetry, and the flow rates were statistically compared. Incidence of cases of Bladder neck stenosis and urethral stricture were noted in both groups. Dexamethasone was given from POD one onwards for next ten days till the day of catheter removal.

Results: A total of 418 patients were selected for the study as per inclusion criteria. They were divided into two groups as those receiving (Group 1: Dexamethasone group n= 209) or not receiving (Group 2: n=209). None of the patients in Dexamethasone group had Bladder neck stenosis and urethral stricture.

Conclusion: Oral steroids can be used after TURP to reduce the incidence of Bladder neck stenosis and urethral strictures.

Key words: Dexamethasone, Steroids, stricture, bladder neck stenosis, TURP

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