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Combined effect of tamsulosin with combination of tamsulosin and tadalafil as the medical expulsive therapy for lower ureteric stone – A randomized trial

K. Javant¹, S. Kumar², M.M. Agrawal², S. Kumar Singh², R. Agrawal¹, S. Agrawal¹

¹ Sudha Hospital and Medical Research Centre Kota, Rajasthan, India

² Postgraduate Institute of Medical Education and Research, Chandigarh, India

Objectives: To Compare Efficacy Of Tamsulosin Versus Tamsulosin With Tadalafil In Lower Ureteral Stones As The Medical Expulsive Therapy For Lower Ureteric Stone– A Randomized Trial.

Methods: Between Jan 2013 and Dec 2013, 244 patients presenting with distal ureteric stones of size 5 to 10 mm were randomized equally to tamsulosin(group A), tamsulosin with tadalafil(group B). Therapy was given for a maximum of four weeks. Stone expulsion rate, time to stone expulsion, analgesic use, number of hospital visits for pain, follow-up and endoscopic treatment and adverse effects of drugs were noted. Statistical analyses were done using Student's t test and chi-square test.

Results: There was a statistically significant expulsion rate 83.6% in group B than 65.5% in group A with lower time.(p-value=0.031,p-value=0.003). Statistically significant differences were noted in lesser hospitalization for colic and analgesic requirement in group B than group A. There was no serious adverse event. While another important finding was improvement in the erectile function in group B.

Conclusions: Medical expulsive therapy for the distal ureteric stones using tamsulosin with tadalafil is safe, efficacious and well tolerated. Also the prescription of Tadalafil in cases of erectile dysfunction developing lower ureteric stone may provide additional advantage.