

Penggunaan anestesi lokal periprostat sebelum biopsi prostat transrektal

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Abstrak

Tujuan: Mengevaluasi secara prospektif keamanan dan efektifitas penyuntikan lidokain 1% periprostat pada biopsi prostat transrektal dengan bimbingan USG transrektal.

Materi dan Metoda: sari 60 pasien yang dibiopsi prostat, dipilih secara random masing-masing 30 orang disuntikan lidokain 1% atau plasebo secara double-blind. Disuntikan 5 cc lidokain 1% atau NaCl 0,9% menggunakan jarum 22 dengan bantuan probe USG transrektal ke kumpulan syaraf dikedua sisi prostat. Nyeri yang dirasakan waktu biopsi dinilai dengan menggunakan skala nyeri "Visual Analogue Scale" (VAS) dan komplikasi yang terjadi setelah biopsi pada kedua grup. Skala nyeri dianalisa statistik menggunakan Student -T Test.

Hasil: Skala nyeri waktu biopsi antara yang disuntikan lidokain 1% dibandingkan NaCl 0,9% berbeda secara bermakna dengan VAS ($2,1 \pm 1,3$ dan $5,7 \pm 1,7$ $p < 0,05$). Komplikasi setelah biopsi seperti nyeri, hematuri, hematochezia dan demam pada kedua perlakuan tidak memberikan perbedaan yang bermakna.

Kesimpulan: Penyuntikan lidokain 1% periprostat merupakan metode mudah, aman dan efektif untuk mengurangi nyeri pada biopsi prostat.

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Purpose : We prospectively evaluated the safety and efficacy of periprostatic 1 % lidocaine injection during transrectal prostate biopsy with transrectal ultrasound guided.

Materials and Methods: A total of 60 consecutive patients undergoing prostate biopsy were randomized into 1% lidocaine and placebo groups using 0,9% sodium chloride of 30 each in double-blind fashion. A 2,5 ml dose of 1% lidocaine or 0,9% sodium chloride was injected via 22 gauge needle inserted through and guided by the transrectal ultrasound probe at the prostatic neurovasculer bundle on each side. Pain during biopsy was assessed using a 0 to 10 point linear visual analog pain scale and other complications (pain after biopsy, hematuria, hematochezia and fever) were recorded to determine whether there was a difference between those two groups. Statistical analysis of pain score was performed by using Student T-Test.

Results : Pain scores were significantly lower in the periprostatic 1% lidocaine injection group compared to the placebo group (2.1 ± 1.3 versus 5.7 ± 1.7 , $p < 0.05$). There was no significant difference in pain after biopsy, hematuria, hematochezia and fever rate among these two groups.

Conclusions : Per iprostatic 1% lidocaine injection is a simple, safe and efficacious method of providing satisfactory anesthesia to reduce pain in men undergoing transrectal prostate biopsy.