

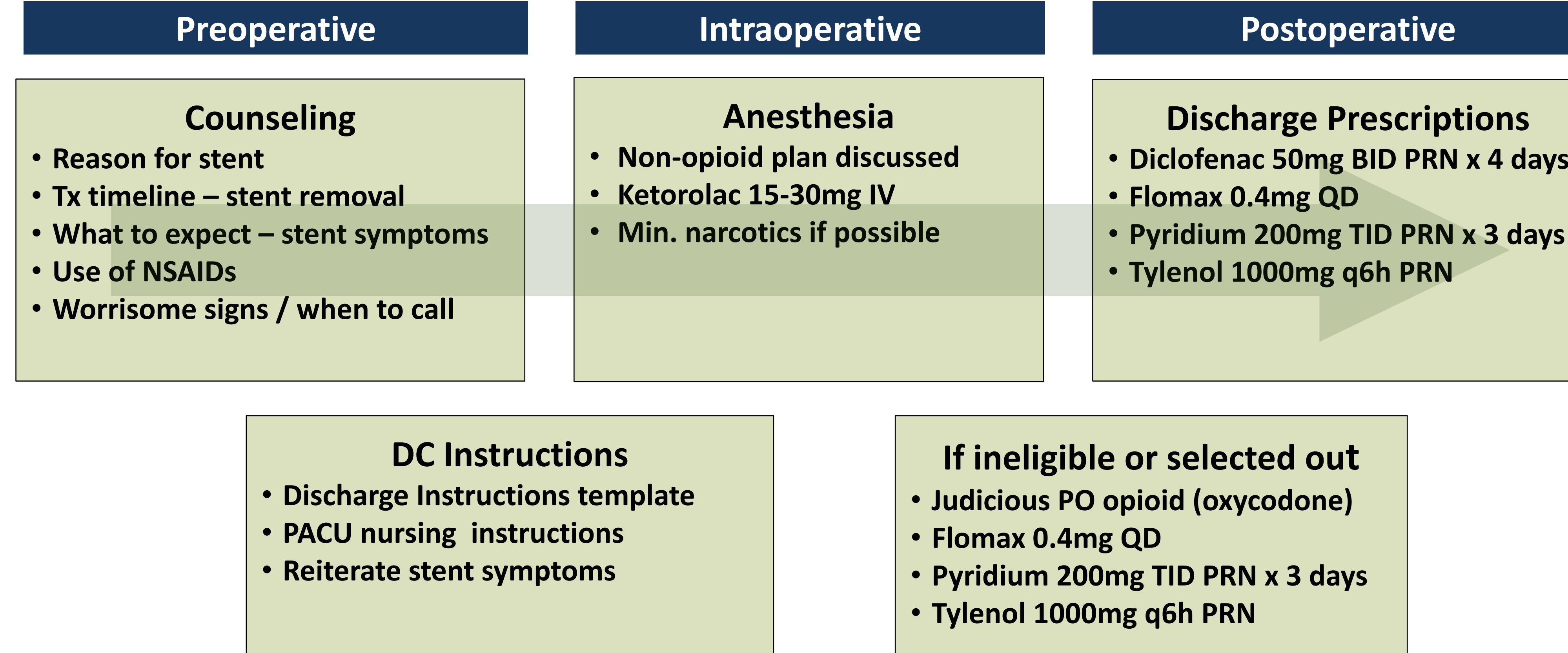
Introduction

- We have previously reported on the feasibility of implementing a non-opioid protocol for outpatient ureteroscopy (URS) with stent placement. Our initial experience demonstrated the success of a non-opioid approach for pain control and stent-related symptoms. In this study, we report our extended experience over a 3 year period.

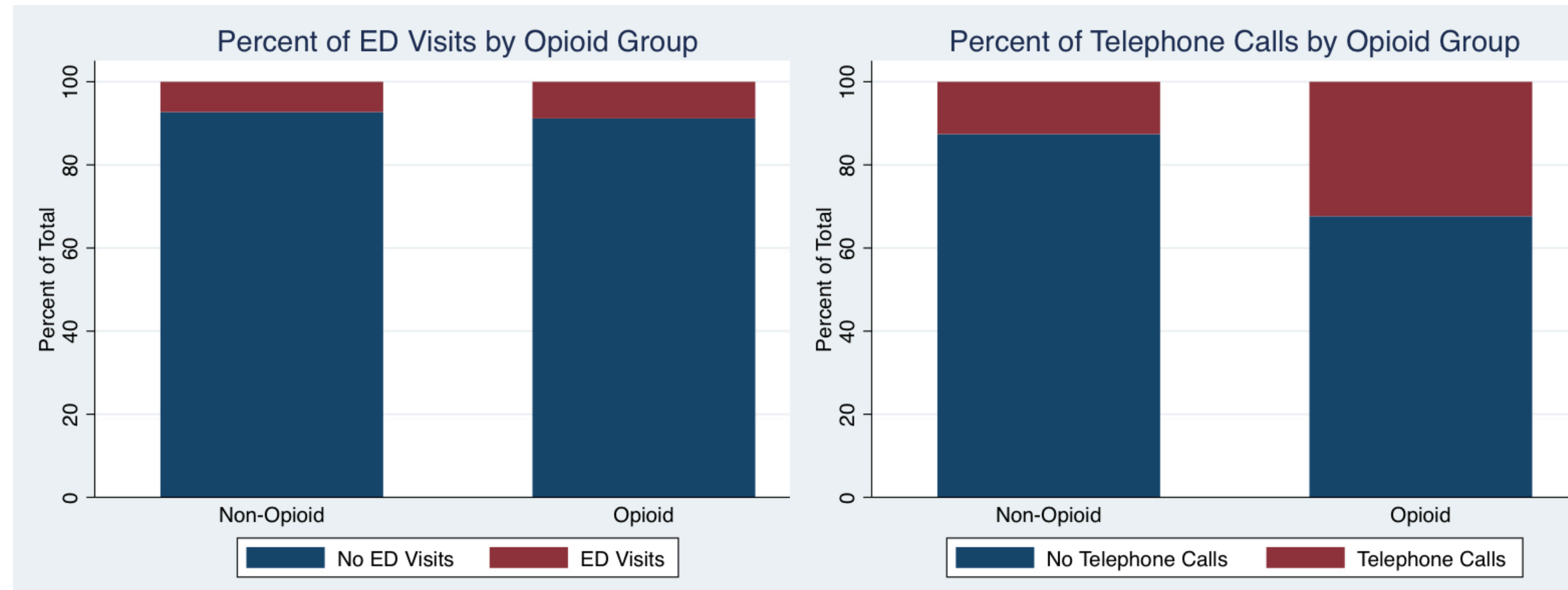
Methods

- Retrospective review of patients who underwent URS and stent placement by a single surgeon over a 3 year period from November 2016 to November 2019.
- Efforts were made to substitute opioids for either no prescription or diclofenac, an NSAID. All patients without chronic kidney disease (CKD) \geq stage II, NSAID allergy or evidence of opioid tolerance were eligible for the non-opioid protocol but were not prevented from discharge with opioids if necessary.
- Feasibility was evaluated by measuring the frequency of postoperative adverse events including visits to the emergency room (ED) for stent-related symptoms, stent-related clinic telephone calls, and requests for prescription refills for pain medication in those who received opioids and those who did not.

Enhanced Recovery Stent Pathway



Postoperative Events



Results

- 464 patients underwent URS with stent placement over the 3 year period. 38 with reported NSAID allergy or CKD stage II or greater or both were ineligible for the non-opioid pathway and excluded, and 35 were excluded for having other concurrent procedures. 391 patients were included in the final analysis.
- 357 patients were discharged without opioid medications (91.3%). 34 patients received opioids (8.7%).
- Both patients receiving opioids and non-opioids had a low number of postoperative visits to the ED (3 patients receiving opioids [8.8%] and 26 patients without opioids [7.3%]).
- Telephone calls made to the urology clinic for stent related symptoms or for pain medication refill requests were made by 11 patients receiving opioids (32.4%) and 45 patients without opioids (12.6%).

Conclusions

- Our experience using a non-opioid pathway after URS and stent placement reveals that more than 90% of patients can be discharged without opioids.**
- Patients had a low number of visits to the ED, a low number of telephone calls to the clinic, and requested few pain medication refills regardless of whether or not they received opioids on discharge.**