

# PD14-02: Early Surgical Interventions for Symptomatic Renal and Ureteral Stones Reduces Narcotic Requirement Relative to Medical Expulsive Therapy

Crystal Valadon BS, MBA<sup>1</sup>, Charles Nottingham MD<sup>2</sup>,  
Tim Large MD<sup>2</sup>, Amy Krambeck MD<sup>2</sup>

1. Louisville, KY 2. Indianapolis, IN



Indiana University Health



INDIANA UNIVERSITY  
SCHOOL OF MEDICINE

# Disclosures

I have no financial disclosures or conflicts of interest with the material in this presentation



# Background

- The United States is currently in an opioid epidemic
- Sources of abused opioid prescriptions
  - 17.3% prescribed by patient's doctor
  - 71.2% obtained from relative or friend (both with and without consent)
  - 11.5% obtained from drug dealer, stranger, or other source
- NHANES data from 2007 to 2014 indicated significantly greater opioid use rates in individuals with a history of kidney stones versus those who did not (10.9% vs 6.1%)<sup>1</sup>

1. Shoag JE et al. Kidney stones and Risk of Narcotic Use. *J Urol*, 202(1):114-118.

# Methods

- Retrospective chart review of patients between January 1, 2017 and October 31, 2018
- 144 patients total
  - 77 elected MET (53.5%)
  - 39 underwent stent placement with delayed URS (27.1%)
  - 28 underwent primary URS (19.4%)
- Narcotic prescription monitoring via INSPECT

# Demographics

Patient Characteristics and Outcomes	MET	Stent with Delayed URS	Primary URS	p value
Total Number (%) of Patients	77 (53.5)	39 (27.1)	28 (19.4)	-
Median (IQR) Age in Years	44 (34-57)	54 (41-69)	49 (34-63)	<b>0.037</b>
Female Sex, n (%)	39 (50.6)	23 (59.0)	12 (42.9)	0.421

# Perioperative

Patient Characteristics and Outcomes	MET	Stent with Delayed URS	Primary URS	p value
Laterality, n (%)				
Bilateral	0 (0)	1 (2.6)	3 (10.7)	<b>0.042</b>
Left	41 (53.2)	19 (48.7)	16 (57.1)	
Right	36 (46.8)	19 (48.7)	9 (32.1)	
Spontaneous Stone Passage, n (%)	32 (41.6)	-	-	-
Median (IQR) Days between Diagnosis and Stent Placement	1.0 (1.0-1.0)	0.0 (0.0-0.0)	-	0.068
Median (IQR) Days between Diagnosis and URS	18.0 (6.5-33.5)	20.0 (13.0-29.0)	1.0 (0.0-4.0)	<b>&lt;0.001</b>

# Outcomes

Patient Characteristics and Outcomes	MET	Stent with Delayed URS	Primary URS	p value
Receipt of Any Narcotic Prescription, n (%)	46 (59.7)	10 (25.6)	10 (35.7)	<b>0.001</b>
Total Morphine Equivalents Received in Milligrams	120 (60-204)	128 (71-251)	110 (75-158)	0.792

# Limitations

- Retrospective component of the study
- Small cohort size
- Selection bias



# Conclusion

- Our patients who underwent initial surgery versus medical expulsive therapy were found to have lower narcotic prescription rates
- To reduce the rate of narcotic prescriptions, urologists should consider opting for initial surgical intervention in those patients who are unable to tolerate MET without the assistance of narcotics

# Thank you

