

14. Genitourinary Tract Disorders (including Climacteric Disorders)**Reference**

Kobayashi M, Naya Y, Kino M, et al. Low dose tamsulosin for stone expulsion after extracorporeal shock wave lithotripsy: Efficacy in Japanese male patients with ureteral stone. *International Journal of Urology* 2008; 15: 495-8. Ichushi Web ID: 2008254384

1. Objectives

To evaluate the efficacy of low-dose tamsulosin and choreito (猪苓湯) for stone expulsion after extracorporeal shock wave lithotripsy (ESWL) in patients with ureteral stones.

2. Design

Randomized controlled trial (RCT).

3. Setting

Two departments of urology: one in Chiba University Hospital and one in another hospital, Japan.

4. Participants

One hundred and two patients with ureteral stones measuring at least 4 mm in diameter who underwent ESWL.

5. Intervention

Arm 1: tamsulosin 0.2 mg/day from post-ESWL day 1 to stone expulsion (n=38).

Arm 2: TSUMURA Choreito (猪苓湯) 7.5 g/day from post-ESWL day 1 to stone expulsion (n=30).

Arm 3: no treatment (n=34).

6. Main outcome measures

Stone clearance was evaluated using abdominal plain radiography and ultrasonography.

7. Main results

The stone-free rate was 84.21%, 90%, and 88.24% for arms 1, 2, and 3, respectively; there were no significant differences. The time to stone expulsion was 15.55±6.14 days, 27.74±25.36 days, 35.47±53.70 days, for arms 1, 2, and 3, respectively. The time to expulsion was significantly shorter in arm 1 than in arm 2 ($P=0.0116$) or arm 3 ($P=0.0424$), while there was no significant difference between arms 2 and 3 ($P=0.4982$).

8. Conclusions

Tamsulosin treatment after ESWL appears to reduce the time to expulsion of ureteral stones.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

This study demonstrated the efficacy of tamsulosin, an α 1-receptor blocker, for reducing time to expulsion of ureteral stones after ESWL. Choreito, which is thought to enhance clearance of ureteral stones by increasing urine output, on the other hand, had no effect. Previous similar studies have reported a significant reduction in time to expulsion by choreito treatment. Further studies including a larger number of patients are needed to evaluate the effects of choreito.

12. Abstractor and date

Okabe T, 1 June 2010, 31 December 2013.