

Double Hydrodistention Implantation Technique (HIT) in the endoscopic treatment of vesicoureteral reflux

María Medina-González , Jorge Panach-Navarrete , Lorena Valls-González , José María Martínez-Jabaloyas 

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DOUBLE HIT (Hydrodistention Implantation Technique); endourology; hyaluronic acid; vesicoureteral reflux.

Introduction

To show the double Hydrodistention Implantation Technique (HIT) for the surgical treatment of vesicoureteral reflux. There are different endoscopic techniques in this context, and we describe the key points and difficult aspects of this technique, in addition to showing its results at our center.

Material and methods

We recorded two examples of administration of hyaluronic acid injection using the double HIT technique. In addition, we described the results of all patients that were operated on with this technique in last 24 months. Cases where the vesicoureteral reflux disappeared or became low grade were considered to be successful.

Results

First, bladder hydrodistension is performed to correctly open the ureteral meatus. Subsequently, two intraluminal intraureteral injections are administered; the first at the proximal level (the needle is inserted to a depth of 2-4 mm at the '6 o'clock' position in the submucosa of the middle to distal ureteral tunnel) and the second one more distally, almost over the meatus, producing elevation and coaptation of both areas. We have evaluated the efficacy of injection by this technique in our center in the

last 24 months in a cohort of 25 patients with open meatus, successfully in 23 of them (92%).

Conclusion

The double HIT technique is a simple technique with low comorbidity for alternative treatment of vesicoureteral reflexes, especially useful in cases of very open ureteral meatus. Key aspects that are important for the success of the surgery and for carrying out the procedure safely and effectively, such as correct hydrodistention and exact injection points, are shown in the video.

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ORCID iDs of the authors:

M.M.G. 0000-0002-4864-1339;
J.P.N. 0000-0001-5522-339X;
L.V.G. 0000-0003-2828-9013;
J.M.M.J. 0000-0003-0678-9287.

Department of Urology,
University Clinic Hospital of
Valencia, Facultat de Medicina
i Odontologia, Universitat de
València, Valencia, Spain

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Corresponding Author:
Jorge Panach-Navarrete
E-mail:
jorge.panach@uv.es

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