



**Prospective Multicenter Trial of Transurethral Needle Ablation (TUNA) of the Prostate Using Minimal Anesthesia**

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**Purpose:** Anesthesia requirements for thermal therapy procedures continue to be a topic of discussion among urologists. The objective of this prospective multi-center trial is to determine the type of anesthesia administered to patients during TUNA, and to assess the patient comfort level during the procedure.

**Materials and Methods:** Thirty-three (33) patients with symptomatic BPH had a routine TUNA using a transperineal prostatic block. The procedure setting, type and amount of anesthesia were recorded. Patient comfort was assessed during the administration of the anesthesia and during the TUNA procedure using a 10 points linear pain scale questionnaire.

**Results:** Baseline parameters were, mean patient age was 64.5 years, TRUS volume 36.9 cc, AUA symptom score 24.5, peak flow rate 8.4 ml/sec, quality of life 4.3. Two physicians performed the TUNA procedures in their offices; a first time TUNA user elected to perform the TUNA procedure on his first patients in an outpatient setting. For the transperineal block, all physicians used equal volumes of 1% lidocaine and .25% marcaine with epinephrine (1:100,000 ratio). Two physicians supplemented the block with sedatives; one using 10mg valium/50 mg demerol/12.5-25 mg phenergan and the other using 15-30mg torodol and 50 mg demerol. No complications were reported. Procedure time averaged 40.3 minutes. Pain scores averaged 3.5 during the administration of the block, and 2.12 during the TUNA procedure. Overall patient satisfaction following the TUNA procedure was 1.5.

**Conclusions:** This study showed that TUNA could be performed in an office setting, without the need for an anesthesiologist. The procedure is simple without a learning curve, even for first time TUNA users. Patients respond well to the block, with minimal or no pain, and are very satisfied with the procedure. This study demonstrated that TUNA is a safe, convenient, and highly satisfactory procedure for patients with BPH.

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