

Analysis of an Outpatient Bipolar Endoscopic Enucleation of the Prostate (BipoLEP) Protocol

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HYPOTHESIS / AIMS OF STUDY

To validate an outpatient bipolar endoscopic enucleation of the prostate (BipoLEP) with ultra-early discharge (≤ 6 hours) protocol

STUDY DESIGN, MATERIALS AND METHODS

A single-center retrospective study was conducted structured in two deliberate phases: a pilot proof-of-concept phase ($n=27$) to establish the safety of discharge within <12 hours, followed by an optimized protocol phase ($n=53$) targeting discharge within ≤ 6 hours. All procedures were performed using a 26Fr Karl Storz continuous-flow resectoscope, a BOWA ARC 400 bipolar generator and a Karl Storz vapoenucleation electrode.

RESULTS

Across the entire cohort ($n = 80$), there were no cases of hospital readmission or reintervention throughout the protocol follow-up period. In the optimized protocol phase, 100% of patients (53/53) achieved the ≤ 6 -hour discharge target with zero 30-day readmissions.

CONCLUDING MESSAGE

Ultra-early discharge (≤ 6 hours) after bipolar endoscopic enucleation of the prostate (BipoLEP) is safe and highly effective when implemented within a structured and optimized protocol. The two-phase study design serves as a model for the safe implementation of an outpatient BipoLEP with ultra-early discharge (≤ 6 hours) protocol.

Variable	Phase 1 – Pilot (n=27)	Phase 2 – Optimized (n=53)	p-value
Age (years), median	71.0 [67.5–75]	69.0 [63–74]	0.178
Prostate volume (g), median	90.0 [60–100]	80.0 [70–110]	0.94
Total operative time (min), median	78.0 [62–104]	67.0 [54–76]	0.049
Enucleation time (min), median	42.0 [27–63]	31.0 [24–40]	0.016
Morcellation time (min), median	14.5 [7–19.5]	7.0 [3–12]	<0.001
Hemostasis time (min), median	16.0 [11–24]	16.0 [13–22]	0.94
Enucleated tissue weight (g), median	47.0 [18–68]	38.0 [22–49]	0.30
Postoperative irrigation time (h), median	6.0 [3–9]	1.0 [1–2]	<0.001
Length of stay (h), median	11.0 [8–12]	3.0 [3–4]	<0.001
Hemostasis (% of total operative time), median	21.4 [16.4–24.2]	25.5 [20.6–31.5]	0.003