

**[English]**

**This video does not have sound.**

## **Overview**

**This video shows an endoscopic surgery, holmium laser enucleation of the prostate (HoLEP), for benign prostatic hyperplasia (BPH).**

**In HoLEP, the adenoma is dissected using a holmium laser, enucleated into the bladder, and then morcellated and suctioned with a morcellator. This technique results in relief of urinary obstruction.**

**Advantages of this procedure include less bleeding, safer application for large BPH, shorter postoperative hospital stay, and substantially lower likelihood of recurrence, compared with conventional endoscopic procedures.**

**At our institution, HoLEP is performed by a characteristic procedure, in which, using dissecting forceps developed in Japan, initially the apex of the prostate is dissected circumferentially, and then the adenoma is enucleated as a lump using the holmium laser, and pushed into the bladder. This procedure may enable prevention of urinary incontinence and reduction of operation time.**

## **Captions for the video**

- No.1 [00:36] The narrow annulus urethralis is incised.**
- No.2 [00:44] There is a difficulty in inserting the resectoscope into the bladder because of the presence of median lobe hypertrophy.**
- No.3 [00:56] Bilateral ureteral orifices are identified.**
- No.4 [01:07] The urethra is marked.**
- No.5 [01:18] At the 12 o' clock position, resection is performed with a loop electrode.**
- No.6 [01:33] The urethral mucosa is dissected with the blade type electrode.**
- No.7 [01:43] The dissection is continued with a curette.**
- No.8 [01:55] The laser power is kept low at 2 J/10 Hz, creating a nearly-circumferentially dissected surface.**
- No.9 [02:22] The laser energy is increased to 2.6 J/30 Hz.**
- No.10 [02:33] The bladder cavity is reached at the 12 o' clock position.**
- No.11 [02:52] The left lobe is separated.**
- No.12 [03:02] The left lobe at the apex of the prostate is separated.**
- No.13 [03:12] The verumontanum can be seen.**
- No.14 [03:20] The right lobe is separated and the resulting surface is attached to the above-mentioned dissected surface at the 12 o' clock position.**
- No.15 [03:41] The bladder neck is separated.**
- No.16 [03:54] The median lobe is separated.**
- No.17 [04:53] The adenoma, as a lump, is pushed into the bladder.**
- No.18 [05:06] Morcellation is performed.**
- No.19 [05:21] The operation is complete.**