

Prolapsed Ureterocele - A Rare Midline Mass In Females

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Abstract: Ureterocele is a congenital anomaly of the distal ureter found mostly in females . Rarely these may prolapse in the urethra and appear as a midline mass. A 19 year old female presented with difficulty in voiding with an intralabial mass . The mass was reduced into the bladder followed by excretory urography which showed a distal ureteric lesion .Cystoscopy was done which showed a ureterocele on the left side. A transurethral incision of ureterocele was done . Prolapsed ureterocele should be kept as a differential diagnosis in young females .However it should be differentiated from caecoureterocele. Transurethral incision is the optimal treatment modality for these patients . [Shetty M Natl J Integr Res Med, 2019; 10(6):75-76]

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Introduction Ureterocele is a congenital anomaly of the lower urinary tract in which the terminal part of the ureter is dilated . The clinical incidence occurs from 1/5000 to 1/12,000 per birth and is more common in females (female:male = 4–7:1)¹. Ureteroceles are found most commonly in young age group. Adults mostly present with occurrence of calculi within the ureteroceles². Prolapse of ureterocele is a common occurrence in newborn girls , however is relatively uncommon in adult females³.

Case Report: A 19 year old female came with complaints of a mass protruding from the vagina and difficulty in passing urine . on examination the meatus was not identified separately. There was a cystic lesion about 4 cm in diameter [Figure 1] . On palpation clear urine was seen to come out from the cyst . The cyst was completely decompressed after which the cyst wall spontaneously reduced into the bladder and the patient was relieved of her symptoms.

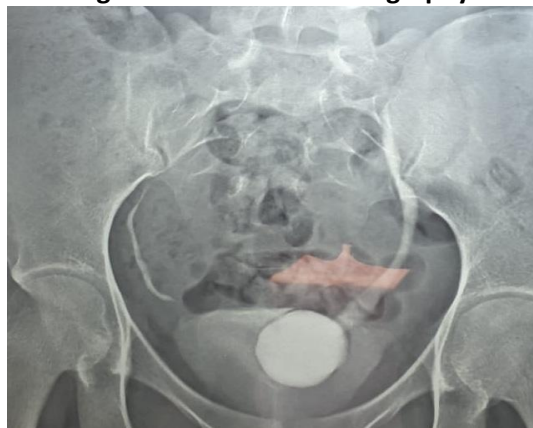
Figure 1: Cystic Lesion of 4 CM



Intravenous urography was done the next day and the diagnosis of left side ureterocele was made with no evidence of duplication .[Figure 2] .

The patient was taken up for endoscopic incision of the ureterocele .On follow up after 1 month the patient was asymptomatic.

Figure 2: Intravenous Urography



Discussion: An ureterocele is defined as the cystic dilatation of the submucosal part of distal ureter. An ureterocele prolapsing through the urethra is extremely rare and may present as a diagnostic dilemma . While Scott⁴ had reported an incidence rate of less than 5%, Shekarriz et al.⁵ did not find any cases of prolapse in his review of 106 children.

Ultrasound is a relatively inexpensive and readily available investigation tool to diagnose ureterocele , however it is not sensitive for extravesical ureteroceles. IVU demonstrates the anatomy of the urinary tract and can readily diagnose ureteroceles. MRI can also be used to diagnose the extension of the ureterocele through the urethra .

In cases of intralabial masses a prolapsed ureterocele needs to be differentiated from caecoureteroceles in which the ureteric orifice is still inside the bladder while a sac protrudes

out . Initial treatment of prolapsed ureteroceles is directed towards decompression of the mass. Manual reduction into the bladder might be attempted but recurrence is likely in the absence of a definitive treatment. Endoscopic transurethral incision over the distal part of ureterocele is the best definitive treatment .

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