

Patient information factsheet

Bladder instillation

Bladder instillation is a combination drug therapy to help painful bladder or cystitis type symptoms including frequency, urgency, burning pain or stinging sensations when passing urine. It works by reducing inflammation and discomfort within the bladder.

The medications used are Heparin, Lignocaine (lidocaine) and sodium bicarbonate. They are monitored doses that have been agreed with pharmacy and urology specialists (consultants and nurses) based on recently approved research. The medications are given to you via a small catheter that is inserted into your bladder.

It is usual to have the treatment once a week for six weeks, then once a month for six months, depending on how your symptoms have settled. Following this you will be reviewed by the medical team to assess your progress.

On the day of your treatment

Drink normally before your appointment time. If you take water tablets (diuretics) please contact the urodynamics department for advice. Continue to take all other medications as usual unless your doctor has advised otherwise.

Once you arrive at the clinic

You will be asked to empty your bladder. A small catheter will be inserted into your bladder and this will drain any residual urine remaining in your bladder. The medications are mixed into a solution of 50mls which is then slowly instilled into your bladder via the catheter. The catheter is then removed and you will be asked to hold the solution in your bladder for as long as comfortably possible. After you have managed to hold as long as possible without discomfort, you can empty your bladder.

You will need to remain in the urodynamics department for 15 minutes to enable us to monitor any side effects.

On subsequent visits you will be asked to hold the solution in your bladder for as long as you can, but will not need to stay in the department.

Side effects

Not everyone experiences side effects, however you may experience increased frequency and/or urgency, and discomfort on passing urine. These side effects should not differ too much from your original symptoms.

Any discomfort should settle after a day or so and you can use a hot water bottle and take some pain relief such as paracetamol to help.

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After your treatment

You should drink normally after your treatment. If you suspect that you may have a urine infection (burning, stinging or pain on passing urine) please contact your GP for advice as you may require a course of antibiotics.

Further information

If you have any questions about your treatment contact the urodynamics department on **023 8120 8967**.

Our opening hours are Monday to Friday 8.30am to 4.30pm. An answer machine is available at other times.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.