

Patient information factsheet

Bladder instillation

We have written this factsheet to give you information about a treatment called bladder instillation. It explains what bladder instillation is, what the treatment involves and what the potential benefits and side effects are. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

Bladder instillation

Bladder instillation is a combination drug therapy to help ease painful bladder or cystitis type symptoms.

A healthy bladder has a natural barrier that protects the bladder lining. This is called the glycosaminoglycan (GAG) layer. If this layer is damaged, urine may come into direct contact with the bladder lining, and this can cause the following symptoms:

- urinary frequency (this is when you need to go to the toilet to pass urine more often than usual)
- urinary urgency (this is when you experience a sudden, strong need to go to the toilet to pass urine)
- a burning pain or a stinging sensation when passing urine.

Bladder instillation works by reducing inflammation and discomfort within the bladder, which helps ease these symptoms.

Types of bladder instillation medications

There are several different bladder instillation medications available. Your doctor will advise which medication is most suitable for you based on your symptoms. All the medications will be given in the same way.

Rescue mix instillation

This liquid medication contains a combination of heparin, lignocaine (lidocaine) and sodium bicarbonate.

Hyacyst

This liquid medication contains sodium hyaluronate.

iAluRil

This liquid medication contains hyaluronic acid and chondroitin sulphate.

Preparing for your treatment

Appointments

You will have an initial course of six treatments. These will take place once a week for four weeks, then every two weeks for a month. We will send you an appointment letter containing the dates and times of your first six treatments. It is important that you attend all of your appointments for the treatment to be most effective.

Please let us know if you are unable to attend any of the appointments as soon as you receive your appointment letter, so we can try to reschedule them for you.

Urine infection

Please bring a urine sample to each appointment (we will give you a sample container at your first visit). We will test your sample, and if the result says you have a urine infection, we may not be able to continue with your appointment, depending on your symptoms.

If you think you have a urine infection (a burning, stinging sensation or pain on passing urine) before your treatment, contact your GP for advice, as you may need antibiotics. Please also contact us to let us know. We may have to postpone your treatment.

On the day of your treatment

You can eat and drink normally before your appointment.

If you take water tablets (diuretics), please contact the urodynamics department for advice on **023 8120 8967**. Continue to take all your other medications as usual (unless your doctor has advised otherwise).

When you arrive at the clinic

We will ask you to go to the toilet to empty your bladder. We will then insert a small catheter (a thin, flexible tube) into your bladder to drain any remaining urine.

We will mix the bladder instillation medication into 50ml of fluid. We will then insert this solution into your bladder via the catheter. We will then remove the catheter.

We will ask you to hold this solution in your bladder for as long as comfortably possible. As soon as you start to feel uncomfortable, you can go to the toilet to empty your bladder.

After your first appointment, you will need to stay in the urodynamics department for 15 minutes. This is so we can monitor you for any side effects. You will then be able to go home. For your following appointments, you will usually be able to go home straight away after the treatment.

Side effects

Not everyone experiences side effects from bladder instillation treatment. However, some people may experience:

- increased urinary frequency and/or urgency
- discomfort on passing urine

These side effects should not be too different from your original symptoms. Any discomfort should settle after a day or so. You can use a hot water bottle and take some over-the-counter pain relief medication, such as paracetamol, to help ease your symptoms. If the symptoms continue, please contact your GP for advice. Always read the label or instructions before taking any medications.

After your treatment

You can eat and drink normally straight after the treatment.

If you think that you may have a urine infection (a burning, stinging sensation or pain on passing urine) please contact your GP for advice, as you may need antibiotics.

Before and after the first six treatments, we will ask you to complete a questionnaire about your symptoms. After your first six treatments, we will review your questionnaires to see whether the bladder instillation treatment has helped ease your symptoms. We will then adjust the frequency of your treatment based on your progress.

Contact us

If you would like further advice, please contact the general gynaecology and urogynaecology team using the contact details below.

Telephone: **023 8020 8967** (Monday to Friday, 8.30am to 3.30pm)

If we're unable to answer your call, please leave a message on the answer machine with your name, hospital number and a brief reason for your call. We will return your call as soon as possible.

Useful links

www.nhs.uk/conditions/interstitial-cystitis/

www.bbuk.org.uk/

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