

Bladder Instillation for Bladder Pain Syndrome (Interstitial Cystitis)

What Is Bladder Pain Syndrome (Interstitial Cystitis)?

Bladder Pain Syndrome/Interstitial cystitis is a long term (chronic) inflammation of the bladder wall. It is a poorly understood condition. It is a chronic pelvic pain condition. It affects more women than men across all ages and ethnicities.

It can cause:-

- Lower abdominal pain
- Urinary frequency- passing urine more than 8 times a day
- Urinary urgency – strong urge to pass urine
- Pain or burning when passing urine
- Pelvic pain
- Pain when bladder is filling up
- Waking up at night to pass urine
- Pain with sexual intercourse

See interstitial cystitis leaflet for more details

What Is A Bladder Instillation?

This is a liquid solution that is introduced into the bladder through a catheter.

There are several different types of solution that can be inserted into your bladder; they can provide temporary relief from your bladder symptoms.

They work by coating your bladder with a protective layer to help reduce the symptoms of urgency, pain and frequency.

How Is The Treatment Given?

- You will be asked to pass a sample of urine to ensure that you do not have a urine infection and that your bladder is sufficiently empty prior to instillation.

- If you do have an infection- we are not able to give the instillation that day, but you will be given another appointment.
- A catheter is passed into your urethra and the solution is passed through the catheter into your bladder.
- You will need to keep the solution in your bladder for up to two hours. If you cannot tolerate this, the treatment may not be as effective. You can go home straight after the instillation.

Advice Pre and Post Treatment

Try not to drink a lot of fluid prior to and after your instillation to prevent dilution of the solution.

How Many Treatments Will I Have?

You will be given an instillation every week for 6 weeks and if there is some improvement you will then have monthly instillations until your symptoms resolve.

Do not be discouraged if your symptoms are not relieved straight away it can take 5 or 6 treatments before they improve.

Are There Any Side Effects?

There are no specific side effects if you have these instillations, however in some cases catheterisation can cause minor discomfort.

Are There Any Alternatives?

Please refer to the interstitial cystitis/painful bladder leaflet for further information. Alternative treatments would be discussed with your Consultant.

Will I Have A Follow Up Appointment?

You will remain under the care of the nurse specialists unless you wish to discuss alternative treatments or if you have any change in your condition.

You can contact the Urogynaecology Nurse Specialists at the Liverpool Women's on 0151 702 4321

Useful websites for advice and support:-

www.bladderandbowelfoundation.org

www.ichelp.org

www.iuga.org

www.ic-network.com/

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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