



UROLOGY CARE
WELLINGTON

CYSTISTAT FOR YOUR INTERSTITIAL CYSTITIS

What is interstitial cystitis?

Interstitial cystitis is a chronic (long term) inflammation (irritation) of the bladder wall. It affects women more than men and can occur in people of all ages and ethnicities. Research has suggested that the causes of this condition include:

- Infections of the bladder
- Damage to the cells which line the bladder
- Irritants in your urine
- Nerve disorders and/or auto immune diseases

Symptoms:

- Pain the lower abdomen
- Reduced bladder capacity – (the amount of urine which your bladder can hold)

- Urgency and frequency of passing urine
- Pain or burning when urinating

What is Cystistat?

Cystistat is a clear, colourless, sterile solution that contains 40mg of Sodium Hyaluronate. This is a substance which occurs naturally in your body.

Cystistat is inserted into your bladder (via a catheter – bladder installation) and works by coating the lining with a protective layer, which assists to reduce the symptoms of pain, urgency and frequency thus providing temporary relief.

How is the treatment given?

The nurse will pass a thin tube called a catheter through the urethra and up into the bladder. This will be lubricated with gel to assist insertion and ease discomfort.

Any urine will be drained away, and then 50mls of Cystistat solution will be inserted via the catheter

into your bladder, which is then removed. You will then be required to keep the solution in your bladder for a minimum of one hour – so it is important that you do not go to the toilet to pass urine during this time.

NB: The first installation must be done in the clinic and you will be required to stay until the solution has been passed out into the toilet after the hour wait time is over.

Preparation:

Try not to drink a lot of fluids for four hours prior to the treatment –this will improve the effect of cystistat on your bladder lining. You will need to get a urine test the week prior to the treatment to check for infection.

How many treatments will I have?

You will be given one treatment each week for six weeks. After this time, treatments are usually given once a month until your symptoms resolve.

Are there any side effects?

There are no specific side effects noted for this treatment. However, the catheter insertion can cause minor discomfort and a temporary increase in urinary frequency and urgency.

Advice following the installation:

- Men should sit down on the toilet when passing the solution as this will avoid it splashing on exposed skin.
- If skin contact does occur, you should wash it off immediately with warm soapy water.
- Sexual intercourse should be avoided for the first 24 hours following treatment as this will help to prevent irritation.