Bladder instillation for painful bladder syndrome (interstitial cystitis): procedure-specific information

What is the evidence base for this information?
This leaflet includes advice from consensus panels, the British Association of Urological Surgeons, the Department of Health and evidence-based sources; it is, therefore, a reflection of best practice in the UK. It is intended to supplement any advice you may already have been given by your GP or other healthcare professionals. Alternative treatments are outlined below and can be discussed in more detail with your Urologist or Specialist Nurse.

What does the procedure involve?
This procedure involves instilling a combination of drugs into the bladder to help treat painful bladder syndrome or cystitis type symptoms, such as bladder pain, urinary urgency and frequency. It works by aiming to reduce inflammation and discomfort in the bladder.

What are the alternatives to this procedure?
Bladder distension, commercial intra-vesical instillations, pain clinic, removal of the bladder, diversion of urine away from the bladder

What should I expect before the procedure?
Before you arrive, do not drink anything for at least four hours before your appointment. If you take water tablets (diuretics), do not take any on the morning of your appointment, but continue to take any other medication you usually take (unless your doctor has advised you otherwise).

On arrival to the clinic, you will be asked to pass urine which will be tested to ensure that you do not have an infection in the urine. If you do, your treatment will need to be postponed for one week while you are treated with antibiotics.
Please be sure to inform your Urologist in advance of your surgery if you have any of the following:

- an artificial heart valve
- a coronary artery stent
- a heart pacemaker or defibrillator
- an artificial joint
- an artificial blood vessel graft
- a neurosurgical shunt
- any other implanted foreign body
- a prescription for Warfarin, Aspirin or Clopidogrel (Plavix®)
- a previous or current MRSA infection
- high risk of variant CJD (if you have received a corneal transplant, a neurosurgical dural transplant or previous injections of human-derived growth hormone)

**What happens during the procedure?**
You will need to lie down throughout your treatment. A fine plastic tube (catheter) will be passed into the bladder and the medication (50mls) will be given slowly through it. The catheter will then be removed. You will be asked to hold the urine in your bladder for a minimum of 15 minutes and a maximum of 30 minutes. You will then be asked to empty your bladder.

**What happens immediately after the procedure?**
Once your treatment has been completed, you will be able to go home.

**Are there any side-effects?**
Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Please use the check boxes to tick off individual items when you are happy that they have been discussed to your satisfaction:

**Common (greater than 1 in 10)**
- ☐ Temporary discomfort on passing urine (this should settle after 1-2 days, a hot water bottle or painkillers such as Paracetamol should help)
- ☐ Frequency or urgency

**Occasional (between 1 in 10 and 1 in 50)**
- ☐ Nil

**Rare (less than 1 in 50)**
- ☐ Nil

**Hospital-acquired infection (overall risk for Addenbrooke’s)**
- ☐ Colonisation with MRSA (0.02%, 1 in 5,000)
- ☐ Clostridium difficile bowel infection (0.04%; 1 in 2,500)
- ☐ MRSA bloodstream infection (0.01%; 1 in 10,000)
(These rates may be greater in high-risk patients e.g. with long-term drainage tubes, after removal of the bladder for cancer, after previous infections, after prolonged hospitalisation or after multiple admissions)

What should I expect when I get home?
If you think you have a urine infection or if you develop a high temperature with backache, it is important to contact your GP and get treatment with antibiotics.

What else should I look out for?
The treatment is given weekly for 4 weeks. If successful, the treatment is then continued on a monthly basis. You may be asked to complete questionnaires before and after treatments to help assess the usefulness of the treatment.

Are there any other important points?
An outpatient appointment will be arranged for you in due course to assess the response to treatment.

Driving after surgery
It is your responsibility to ensure that you are fit to drive following your surgery. You do not normally need to notify the DVLA unless you have a medical condition that will last for longer than 3 months after your surgery and may affect your ability to drive. You should, however, check with your insurance company before returning to driving. Your doctors will be happy to provide you with advice on request.

Is there any research being carried out in this field at Addenbrooke’s Hospital?
There is no specific research in this area at the moment but all operative procedures performed in the department are subject to rigorous audit at a monthly Audit & Clinical Governance meeting.

Who can I contact for more help or information?
Oncology Nurses
- Uro-Oncology Nurse Specialist
  01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)
  01223 274608
- Prostate cancer Nurse Practitioner
  01223 247608 or 216897 or bleep 154-548
- Surgical Care Practitioner
  01223 348590 or 256157 or bleep 154-134
Non-Oncology Nurses
- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)
  01223 274608 or 586748
- Urology Nurse Practitioner (stoma care)
  01223 349800

Patient Advice & Liaison Centre (PALS)
- Telephone
  +44 (0)1223 216756 or 257257
  +44 (0)1223 274432 or 274431
- PatientLine
  *801 (from patient bedside telephones only)
- E mail
  pals@addenbrookes.nhs.uk
- Mail
  PALS, Box No 53
  Addenbrooke's Hospital
  Hills Road, Cambridge, CB2 2QQ

Chaplaincy and Multi-Faith Community
- Telephone
  +44 (0)1223 217769
- E mail
  derek.fraser@addenbrookes.nhs.uk
- Mail
  The Chaplaincy, Box No 105
  Addenbrooke's Hospital
  Hills Road, Cambridge, CB2 2QQ

MINICOM System ("type" system for the hard of hearing)
- Telephone
  +44 (0)1223 274604

Access Office (travel, parking & security information)
- Telephone
  +44 (0)1223 586969

What should I do with this form?
Thank you for taking the trouble to read this information sheet. If you wish to sign it and retain a copy for your own records, please do so below.

If you would like a copy of this form to be filed in your hospital records for future reference, please let your Urologist or Specialist Nurse know. If you do, however, decide to proceed with the scheduled procedure, you will be asked to sign a separate consent form which will be filed in your hospital notes and you will, in addition, be provided with a copy of the form if you wish.
I have read this information sheet and I accept the information it provides.

Signature……………………………….…………… Date……………………………………

### How can I get information in alternative formats?

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

<table>
<thead>
<tr>
<th>Language</th>
<th>Information in alternative formats</th>
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<tbody>
<tr>
<td>Polish</td>
<td>Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: <a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a></td>
</tr>
<tr>
<td>Portuguese</td>
<td>Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: <a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a></td>
</tr>
<tr>
<td>Russian</td>
<td>Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайте <a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a></td>
</tr>
<tr>
<td>Cantonese</td>
<td>若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：<a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a></td>
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<tr>
<td>Turkish</td>
<td>Bu bilgiyi diğer dillerde veya büyük baskıya da sesli formatta isterseniz lütfen su numaradan kontakt kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: <a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a></td>
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<td>Bengali</td>
<td>এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেগে পেতে চাইলে দরকার হলে প্রশিক্ষণ নিন: 01223 216032 নম্বরে কেনে করুন বা <a href="mailto:patient.information@addenbrookes.nhs.uk">patient.information@addenbrookes.nhs.uk</a> ই-মেইল করুন।</td>
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Addenbrooke’s is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

**Document history**

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| Contact number | 01223 216575 |
| Fax number | 01223 216069 |
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