



Bladder Installations: Symptom relief for IC, PBS, OAB or recurrent urinary tract infections (UTI).

What are bladder instillations?

This is a treatment for the symptoms caused by interstitial cystitis (IC), painful bladder syndrome (PBS), overactive bladder (OAB), or recurrent urinary tract infections (UTI). It is a small amount of fluid – between 20ml and 50ml - that is instilled into the bladder.

There are a handful of common symptoms such as pain/discomfort of the bladder or pelvis, urgency to visit the bathroom, frequency of bathroom visits, or urinary leaking. Sometimes these symptoms can be worse at night.

How do instillations work?

IC, PBS, OAB and recurrent UTI's are often coupled with damage to the glycosaminoglycan (GAG) layer inside the bladder. The GAG layer is a protective watery/mucous membrane lining the bladder wall. The bladder is a hollow organ that stores urine. Urine can contain substances that may irritate the cells of the bladder call causing the symptoms you may be experiencing. When the lining of the wall becomes damaged or leaky urine begins to harm the bladder.

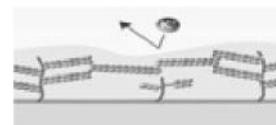
Bladder installations help repair the damaged GAG layer by replacing some of the components found in the GAG layer. It works through a build-up of the fluid instilled so will take up to four weeks to feel the benefits. Its effectiveness is dependent on how your body responds.



Intact GAG Layer



Damaged GAG Layer



Repaired GAG layer

This repair is not permanent and we are unable to cure your disease.



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What does the treatment involve?

Treatment can be tailored to your specific needs once started but routinely this treatment is administered weekly for four to six weeks. As mentioned earlier it can take up to four instillations for the benefits to be noticed. **Throughout these weeks you will be shown how to manage this yourself.** There are a large number of ladies that perform this at home for maintenance if needed and it reduces the number of visits to hospital and interruption to your routine.

Procedure: this can be daunting to read and may cause you to be nervous. Rest assured that our staff are trained to perform this process quickly. The delivery of treatment takes a very short time. A small catheter is inserted into the bladder and the treatment fluid instilled; then the catheter is removed. Your appointment time is to allow you an opportunity to discuss briefly any concerns you have related to your bladder or treatment as the installation takes less than a minute.

Preparation: you can help the effectiveness of the treatment by refraining from drinking prior to the appointment. Some professionals advise no fluid intake for six hours prior to treatment. This is because as time passes the bladder fills with the fluids not needed by the body. After the treatment fluid is instilled it will become diluted as the bladder fills. Refraining from drinking prior to treatment ensures a more concentrated mixture to coat the lining of the bladder. We would recommend refraining from drinking approx two hours prior to your appointment.

The fluid instilled is not absorbed into the body and is expelled when you urinate therefore there are almost no side effects to the treatment. There is a small risk of infection due to the introduction of a catheter into the bladder but our staff are trained and competent in taking every precaution to prevent this happening.

If you feel you have a urinary tract infection **do not** refrain from drinking prior to your appointment. Drink at least two litres of water daily. Do not stop taking any medication prior to your appointment.

When you receive your appointments through the post you will be also sent a letter from our team with contact details. If you have any questions prior to your appointment please use the number provided in the letter or on the back of this leaflet.

If you have any further questions please call the Urogynaecology message service where you can ask for the call to be returned by either of the Specialist Nurses as listed below:

Outpatient Manager & Gynaecology Specialist Nurse

Tel: 01793 605252



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If you have any questions about your appointment or need to change the date or time, please contact:

Booking Clerks Tel: 01793 604820
Women's Health Out - Patient Tel: 01793 605252

Arriving by car:

Car parking at the hospital is limited, as the Trust operates a Green Transport policy and we encourage staff and visitors to use alternatives to driving wherever possible. Parking charges are pay on exit and are barrier controlled.

Disabled Parking:

There are spaces close to the hospital entrance.

Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town centre and surrounding areas.
For current bus times ring: (01793) 428428



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Women & Children's
Department: Urogynaecology
Approved Date: 21 March 2019
Next Review Date: April 2022
Document Number: W&C - PIL0061