

## Department of Urology

# Cystistat Bladder Instillation

Cystistat is a relatively new treatment for interstitial cystitis. It replaces the glycosaminoglycan (GAG) layer on the bladder wall, a layer that is thought to be deficient in many patients with interstitial cystitis. It is thought that Cystistat can provide relief from symptoms where other treatments have failed.

### How is the treatment given?

- Cystistat is instilled directly into the bladder via a thin tube called a catheter. The treatment will be administered by a trained nurse or by your Urologist on an outpatient visit to the hospital.

### How long is treatment needed for?

- Treatment is given weekly for four weeks then once every month until the symptoms resolve or the Urologist decides otherwise.
- In some instances any improvement in symptoms might not be noted until treatments five or six, therefore it is important not to become disheartened.
- Treatment can be recommenced in the future if symptoms do return.

### Does Cystistat have any side effects?

- Generally it appears that Cystistat is well tolerated and has very few adverse reactions.
- Some patients do complain of some localised irritation as a result of the catheterisation procedure itself rather than as a side effect from Cystistat.

### General advice

You should not experience any pain after the treatment but if you do or it becomes very severe and persists contact your GP. You may drive following your treatment.

For further information please contact: -  
**Sister Claire Milligan 024 7696 5149**

## Patient Information

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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5149 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### **Document History**

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