

CYSTISTAT

(STERILE SODIUM HYALURONATE SOLUTION)

For the treatment of interstitial cystitis and other painful bladder conditions

What is Cystistat?

Cystistat is a clear, colourless liquid used for the temporary replacement of the bladder lining for the treatment of interstitial cystitis and other painful bladder conditions.

What does Cystistat do?

Cystistat temporarily provides the bladder wall with a protective coating against irritants in the urine and helps to relieve the symptoms of pain, frequency and urgency of urination. It can also improve your quality of life by relieving these distressing symptoms where other treatments have failed.

How is Cystistat administered?

Your urology nurse puts Cystistat directly into the bladder via a small tube. The procedure is quite painless and only requires an out-patient visit. Before the treatment, you will be asked to give a urine sample to check you do not have a urinary tract infection. After the treatment, you do not have to stay in the hospital and can return to work or to your daily activities. However, we recommend you do not empty your bladder for two hours as this will enable Cystistat to work more effectively.

How long do I need treatment for?

You will have treatment (instillation) once a week for six weeks. After that, follow up treatments vary from patient to patient - usually once a month for a minimum of 2 months. Eventually the gap can be stretched to 6 months or as required. The patients who do not notice an early improvement should not be discouraged, as 5 or 6 instillations may be necessary before symptoms begin to improve.

Does Cystistat have any side effects?

Cystistat is well tolerated and causes few, if any, adverse reactions. Occasionally, the insertion of catheter causes urethral irritation. If this becomes unbearable, we may have to discontinue the treatment and your doctor will be informed.

Who should not have Cystistat

Cystistat is not suitable for people who have a known hypersensitivity to sodium hyaluronate. Also Cystistat **cannot** be given during pregnancy and breast-feeding, or to children. Cystistat has no known interactions with other medications.

If you have any queries or concerns please contact the Consultant

As a part of this treatment, we are offering a 15 minute relaxing massage after instillation of Cystistat treatment. This is optional and is part of holistic care.

If you would like more information on interstitial cystitis and other painful bladder conditions and where to find support groups in your area, contact the

Cystitis and Overactive Bladder Foundation
on 01908 569169 or www.cobfoundation.org