

## Bladder Instillation of Cystistat (sodium hyaluronate)

### What is Cystistat?

Cystistat is a solution containing 40mg of sodium hyaluronate in a 50ml vial, used to treat bladder conditions such as interstitial cystitis (inflammation of bladder lining). It aims to boost the glycosaminoglycan (GAG) layer on the surface of the bladder, providing a protective layer. Cystistat is administered once weekly for six consecutive weeks, then monthly, or until your bladder symptoms resolve. The regime may be altered according to your response to the treatment. Results may not become apparent until the fifth or sixth dose.

### How is it administered?

Treatments are usually undertaken by a nurse. **Please bring a mid-stream sample of urine in a sterile container.** This is tested to ensure that you do not have a urine infection.

You will be asked undress your lower half and lie on a couch, you may change into a hospital gown if you wish. A catheter is passed through the urethra (the tube by which you pass urine) into the bladder and any residual urine drained. The Cystistat solution is instilled through the catheter into your bladder. The catheter is then withdrawn leaving the Cystistat inside your bladder coating the lining.

It is recommended the solution is retained for as long as possible, ideally at least 30 minutes. At first, it may not be possible for you to retain it longer than 15 or 20 mins. Over the course of six weeks the time that you can retain the Cystistat treatment should gradually extend. You may rest on the couch while you have your treatment or sit in the waiting room. On repeat instillations you may go home directly if you wish. If you stay in the department the nurse will direct you to a toilet where you will void (pass) the Cystistat treatment in your urine normally.

You should expect to be in the hospital for an hour at the first visit. Some patients learn to self-administer the treatment at home. The nursing team will teach you how if you wish to learn

### What are the alternatives?

1. A different sodium hyaluronate product.
2. DMSO bladder instillation, which works slightly differently.
3. You may be offered oral medication.

### What are the potential risks and side effects?

Cystistat has a very low incidence of side effects; however, anyone hypersensitive to sodium hyaluronate (a substance which occurs naturally within the body) will not be given Cystistat.

### What are the expected benefits of treatment?

You should notice a gradual decrease in your bladder symptoms over the six weekly instillations of Cystistat. If successful your Consultant may arrange a further course of monthly instillations until your bladder symptoms are resolved.

### Will I have an anaesthetic?

Anaesthetic is not normally required. However, if you are experiencing discomfort local anaesthetic may be prescribed to be instilled into the bladder via a catheter with the Cystistat.

## How will I feel afterwards?

Some patients experience discomfort at the time of the procedure and for a short while after, for this you are advised to take your normal pain relief, e.g. Paracetamol. You may experience urgency to pass urine for a short time after the treatment. There may be some blood in your urine; a small amount is normal. Drink plenty of fluids after the procedure; we advise 3 to 4 extra glasses of water. If you have no side effects, you can resume normal activities immediately.

## Sources of information

The Urology Department - Conquest Hospital - Tel: 0300 131 4500 Ext: 6404  
The Urology Investigation Suite – Eastbourne DGH - Tel: 0300 131 4500 Ext: 770640

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

Written by Susan Crosby-Jones, Matron, Urology Investigation Suite  
The following clinicians have been consulted and agreed this patient information:  
Rebecca Rushton, Specialist Urology Diagnostic Nurse

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Responsible clinician/author: Susan Crosby-Jones Matron. UIS

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