

Bladder Instillation of iAluRil (sodium hyaluronate)

What is iAluRil?

iAluRil is a solution containing 800mg of sodium hyaluronate, 1g of sodium chondroitin and 440 mg calcium chloride in a 50ml syringe, used to treat bladder conditions such as interstitial cystitis (inflammation of bladder lining) and urinary tract Infections. It aims to boost the glycosaminoglycan (GAG) layer on the surface of the bladder, providing a protective barrier. **iAluRil** is administered once weekly for up to eight consecutive weeks, then once 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 fourth dose.

How is it administered?

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 The catheter is then withdrawn leaving the treatment inside your bladder, coating the lining.

Please bring a mid-stream sample of urine in a sterile container. To take a Mid-Stream Sample first wash your hands. Take the lid off the sample pot. Pass some urine into the toilet, without stopping; catch some urine from the middle stream into the pot. Pass the rest of urine into the toilet. Put the lid onto the sample pot. This is tested to ensure that you do not have a urine infection.

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 the treatments the time that you can retain the solution should gradually extend.

You will stay in the department for 30 minutes after your first treatment. The nurse will direct you to a toilet where you will void (pass) the **iAluRil** in your urine normally. You should expect to be in the hospital for an hour at the first visit. On repeat instillations you may go home directly.

What are the alternatives?

1. A different sodium hyaluronate product.
2. You may be offered oral medication.

What are the potential risks and side effects?

iAluRil 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 **iAluRil**.

What are the expected benefits of treatment?

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

How will I feel afterwards?

Some patients experience mild discomfort at the time of the procedure and shortly after. You may experience urgency and frequency. 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 Investigation Suite – Eastbourne DGH - Tel: 0300 131 4525

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 on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are 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 our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or 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.

Reference

The following Clinicians have been consulted and agreed this patient information:
Susan Crosby-Jones, Matron, Urology Investigation Suite. Mr James Moore, Consultant Urological Surgeon

The directorate group that has agreed this patient information leaflet:
Diagnostic, Anaesthetic and Surgery

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Responsible clinician/author: Tracy Gregory-Osborne, Sister. Urology Investigation Suite

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