

OUTPATIENT HYDRODISTENSION FOR PATIENTS WITH SUSPECTED PAINFUL BLADDER SYNDROME/INTERSTITIAL CYSTITIS

Hypothesis / aims of study

Cystoscopy with hydrodistension is performed diagnostic test and procedure in patients with painful bladder syndrome/interstitial cystitis (PBS/IC). We evaluated diagnostic and therapeutic benefit of outpatient hydrodistension for patients with suspected PBS/IC.

Study design, materials and methods

Seventy-one patients (mean age with frequency, urgency or bladder pain with no specific urological disease) were performed outpatient hydrodistension after adequate informed consent, from January 2008 to December 2010.

Hydrodistension was carried out with using NSAIDS, 15 minutes after instillation of 20ml of 4% lidocaine. The instilled saline volume for hydrodistension was determined based on each patient's level of tolerance of urgency and bladder pain.

Results

The mean patient age was 55.0 years (range 27-80), the mean daily voided volume was 120ml. The duration of the disorder was 3 months to 16 years (31.5 months).

The median instilled saline volume was 430ml (200 to 600ml). No patients were admitted to hospital due to adverse events with hydrodistension. Glomerulation was found in 50 patients, hemorrhage was found in 42 and 15 had Hunner's ulcers. Maximum voiding volume and average voiding volume increased, 215.6 to 246.8ml and 119.0 to 146ml respectively (N.S.). Symptom score was found improved (Table 1). 15 patients (21.2%) reported remarkable improvement and 38 (53.5%) reported improvement of symptoms.

After hydrodistension, we instructed dietary advice (regulation of spicy foods, caffeine, alcohol etc.). 58 (81.7%) patients had no need another session of hydrodistension due to worsening of symptoms.

Interpretation of results

Cystoscopy with hydrodistension under local anesthesia in outpatient clinic is effective and safe procedure for PBS/IC patients. Also economic burden is less than the procedure under general or spinal anesthesia.

Concluding message

Outpatient hydrodistension under local anesthesia may provide diagnostic and therapeutic value in selected patients.

Table. O'Leary & Saint's Symptom Index Problem Index

| | Before hydrodistension | After distension |
|---------------|------------------------|------------------|
| Symptom index | 12.4 | 6.5 |
| Problem index | 11.0 | 4.7 |
| Urgency (VAS) | 5.7 | 2.9 |
| Pain (VAS) | 6.4 | 2.6 |

(p<0/05)

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| Specify source of funding or grant | none |
| Is this a clinical trial? | No |
| What were the subjects in the study? | HUMAN |
| Was this study approved by an ethics committee? | Yes |
| Specify Name of Ethics Committee | Ethics Committee of Komaki City Hospital |
| Was the Declaration of Helsinki followed? | Yes |
| Was informed consent obtained from the patients? | Yes |