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

Hypothesis / aims of study
Cystoscopy with hydrodistension is performed as a diagnostic test and procedure in patients with painful bladder syndrome/interstitial cystitis (PBS/IC). We evaluated the 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 hydrodistention. 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.

Interpretation of results
Cystoscopy with hydrodistension under local anesthesia in outpatient clinic is an effective and safe procedure for patients with PBS/IC. 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

<table>
<thead>
<tr>
<th>Symptom index</th>
<th>Before hydrodistension</th>
<th>After distension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problem index</td>
<td>12.4</td>
<td>6.5</td>
</tr>
<tr>
<td>Urgency (VAS)</td>
<td>11.0</td>
<td>4.7</td>
</tr>
<tr>
<td>Pain (VAS)</td>
<td>5.7</td>
<td>2.9</td>
</tr>
<tr>
<td></td>
<td>6.4</td>
<td>2.6</td>
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(p<0.05)

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