Intra vesical injection of botulinum a toxin (btx-a) in the management of painful bladder syndrome /intersticial cystitis (a ranomized control study)

Hypothesis / aims of study
With the wide spread use of BTX-A in lower urinary tract dysfunction including painful bladder syndrome and with encouraging results from some small pilot studies, we assessed the efficacy of BTX-A intravesical injection in patients with PBS/IC who did not respond to any of the conventional treatment modalities.

Study design, materials and methods
This Study started March 2008 and included 28 patients (23 women and 5 men), who were randomly divided into 2 groups: G1, 18 patients (16 women & 2 men) were injected 200U of BTX-A diluted in 20ml normal saline, while GII, 10 patients (7 women & 3 men) injected normal saline only. Submucosal injection was done under GA after cystoscopic examination & hydrodistention in both groups with video recording of the injection sites in a similar mapping in both groups. Voiding chart, the Visual Analog Scale (VAS) for pain, Cystoscopic and Urodynamic assessment were performed pre & post treatment at 1, 3 & 6 months.

Results
16 patients from G1 (88%) reported significant improvement at 1, 3 & 6 months follow up, mean VAS score significantly reduced (p<0.001), decreased frequency (p<0.001) with increased bladder capacity 28% at three month follow up. One patient only in GII reported subjective improvement which was non significant. No side effects detected in any patient.

Interpretation of results
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Concluding message
Intravesical BTX-A injection is a very effective measure in management of painful bladder syndrome/intersticial cystitis, significantly reducing bladder pain, urinary frequency and improve bladder capacity but still it is a short term management and reinjection is considered.