

EFFECT OF DURATION OF HYDRODISTENSION ON ITS EFFICIENCY IN THE TREATMENT OF INTERSTITIAL CYSTITIS/BLADDER PAIN SYNDROME IN WOMEN

Hypothesis / aims of study

Cystoscopy with hydrodistension (HD) of the bladder is considered as one of the main method of diagnosing interstitial cystitis/bladder pain syndrome (IC/BPS), also HD is used as a medical procedure. At the present, there is no standard approach of HD, thus the results of this procedure performed by many authors are significantly different and it is difficult to compare its effectiveness in different studies. The aim of the study was to evaluate the effectiveness of bladder HD in patients with IC/BPS depending on the duration of the procedure.

Study design, materials and methods

Under our supervision in the urology clinic of the Pavlov State Medical University there were 62 women with IC/BPS. The average age of the patients was 53.2 ± 6.4 years, the average duration of the disease was 3.7 ± 1.8 years. All patients underwent a physical examination, general laboratory and instrumental tests. The symptom intensity was based on the results of the analysis of the PUF questionnaire, the visual analogue pain scale (VAS) and the data of the diaries of urination, which patients filled in for 3 days. HD was performed under intravenous anesthesia, duration of it varied from 1 to 6 minutes. Depending the duration of HD of the bladder all patients were divided into 4 groups: 1 group (n = 16) - 1 minute duration, 2 nd group (n = 15) 2 minutes, 3rd group (n = 15) - 4 minutes and 4 th group (n = 16) - 6 minutes. Patients of these 4 groups did not differ in age, severity and duration of the disease. The efficacy of HD was evaluated 1 month after of procedure.

Results

According to the assessment of subjective and objective indicators of the clinical course of IC/BPS, it was noted that 24 (38.7%) of 62 treated patients experienced a decrease in the severity of the symptomatology of the disease 1 month after the bladder HD in comparison with the baseline data. Also the unevenness of the dynamics of clinical parameters was revealed depending on the treatment group. In the first group 4 (25%) of 16 patients noted positive effect, in the second group - 6 (40%) of 15 patients, in the third group - 7 (46.6%) of 15 patients, in the 4th group - 7 (43.8%) of 16 patients.

Interpretation of results

The results of the study showed that bladder HD is one of the methods of treatment of patients with IC/BPS. The clinical efficacy of HD with a duration of 2, 4 and 6 minutes was comparable, while with a duration of 1 minute - significantly lower.

Concluding message

The obtained data indicate that the duration of bladder HD of 2 minutes is optimal from the point of view of clinical effectiveness in the early periods after the procedure.

Disclosures

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