

## THE EFFECT OF SODIUM HYALURONATE FOR THE TREATMENT OF INTERSTITIAL CYSTITIS-PRELIMINARY REPORT

### Hypothesis / aims of study

Interstitial cystitis (IC) is a chronic, debilitating condition that is often associated with late diagnosis and a delay in initiation of appropriate IC-specific therapy. The aim of this study was to evaluate the effect of intravesical instillation of sodium hyaluronate for the management of IC.

### Study design, materials and methods

From April 2008 to February 2009, 22 patients (age from 25 to 74 years old) suffering from IC, received weekly intravesical instillation of sodium hyaluronate (Cystistat, Bioniche, Inc and Paladin Labs, Canada) for 1 month and then monthly for 5 months. The outcome measures were the change in the O'Leary-Sant IC symptom and problem indices, VAS pain score and VAS urgency score. Intravesical instillation of sodium hyaluronate at 40 mg was diluted in normal saline to a volume of 50 mL. All data were statistically analyzed with the pair t test and are presented as mean  $\pm$  SEM. P-value of less than 0.05 was considered to be statistically significant.

### Results

At the end of the study, the IC symptom score and IC problem score ( $\pm$  SEM) from baseline versus treatment were 3.06  $\pm$  0.21 versus 2.30  $\pm$  0.19 ( $p < 0.05$ ) and 2.87  $\pm$  0.15 versus 2.42  $\pm$  0.16 ( $p < 0.05$ ), respectively. The VAS pain score and VAS urgency score ( $\pm$  SEM) from baseline versus treatment were 4.41  $\pm$  0.92 versus 3.62  $\pm$  0.92 ( $p < 0.05$ ) and 6.29  $\pm$  0.73 versus 5.00  $\pm$  0.62 ( $p < 0.05$ ), respectively.

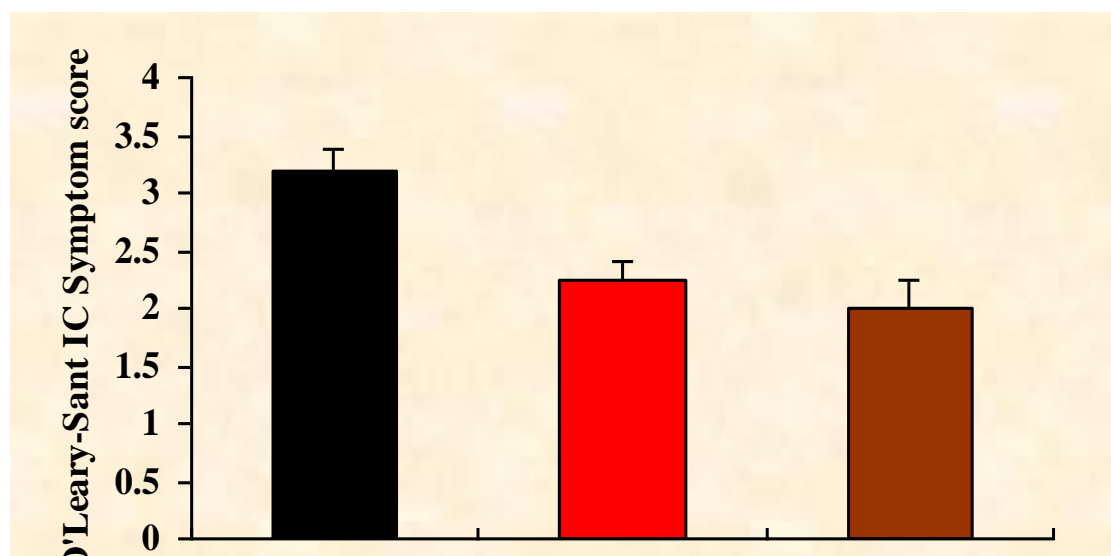
### Interpretation of results

There is no obvious side effect. The effectiveness and safety of sodium hyaluronate as a potential treatment of patients with IC is promising in this preliminary study. The response of refractory IC patients to the intravesical administration of sodium hyaluronate was gratifying.

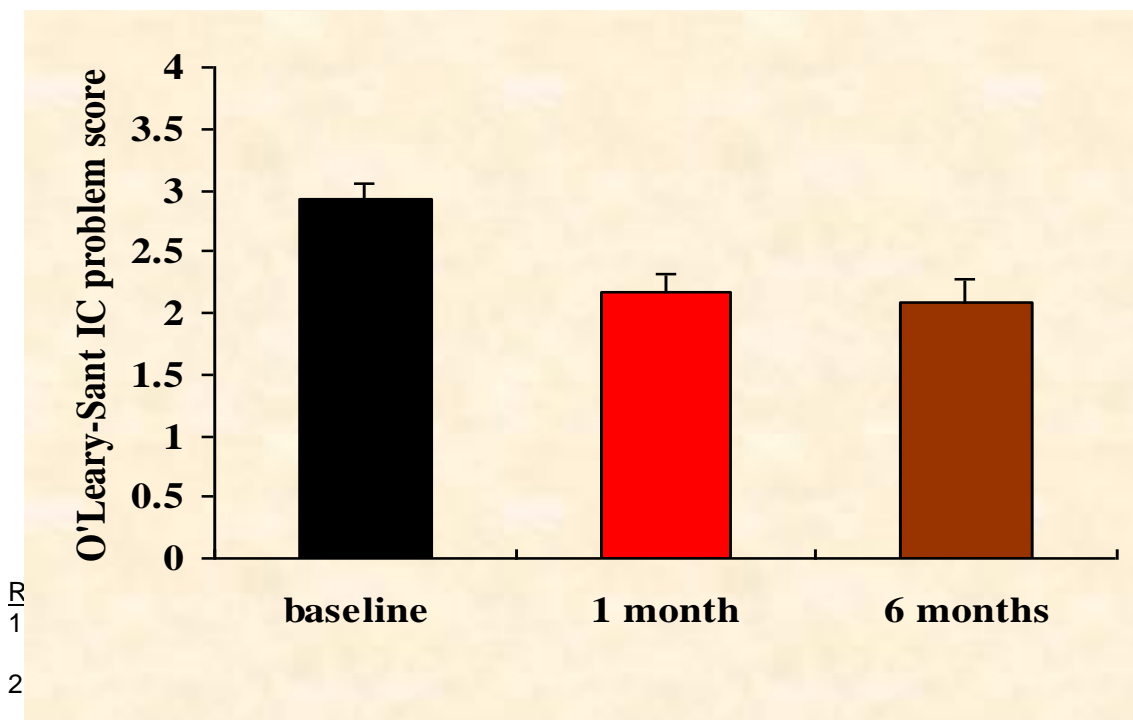
### Concluding message

Intravesical instillation of sodium hyaluronate treatment for the patients with IC may be safe and associated with significant improvement in patient's symptoms.

O'Leary-Sant IC symptom score after intravesical instillation of cystistat (\*:  $p < 0.05$ , compared with baseline)



O'Leary-Sant IC problem score after intravesical instillation of cystistat (\*:  $p < 0.05$ , compared with baseline)



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al chondroitin sulphate  
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<b>Specify source of funding or grant</b>	grant from Taipei City Hospital, Taipei, Taiwan
<b>Is this a clinical trial?</b>	No
<b>What were the subjects in the study?</b>	HUMAN
<b>Was this study approved by an ethics committee?</b>	No
<b>This study did not require ethics committee approval because</b>	The data was collected from routine outpatient clinical visit with questionnaire. There is no further manipulation on the patients.
<b>Was the Declaration of Helsinki followed?</b>	Yes
<b>Was informed consent obtained from the patients?</b>	Yes