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## Patient information

# **Cystistat Bladder Instillations for the Treatment of Urinary Tract Infection**

Urology Directorate

Cystistat bladder instillations are recommended in women who have problems with recurrent urinary tract infections, who have not responded to other treatments. This information leaflet tells you about Cystistat bladder instillations, their possible risks and benefits.

## **What is Cystistat?**

Cystistat is a clear colourless solution, which contains a chemical called Sodium Hyaluronate. It is used to replace the Glycosaminoglycan (GAG) layer in the bladder.

## **What is the Glycosaminoglycan Layer?**

The bladder is like a balloon that is made of muscle. The inside of the bladder is lined by a thin layer of cells called the mucosa. The bladder mucosa is in contact with the urine all the time. The cells in this layer have a special protective surface called the Glycosaminoglycan (GAG) layer.

## **Why do people get recurrent urinary tract infections?**

Some people get recurrent urinary tract infections because they have receptors for bacteria on the cells that line the urinary tract. Some bacteria have little arms (pili). The receptors on the cells act as little hooks for these arms which mean that bacteria stick onto the wall of the bladder.

Normally, every time you pass urine any bacteria that have crawled up the urethra (tube you pass urine through) get washed out with the urine. If your bladder has receptors for the bacteria, it is more difficult for those bacteria to be washed out; therefore you are more likely to get an infection.

The GAG layer also acts as a natural barrier to stop bacteria attaching to the bladder mucosal surface. If the GAG layer is damaged then more bacteria will stick and you are more likely to get water infections.

## **How does Cystistat work?**

Cystistat helps to repair the GAG layer on the inside of the bladder making it more difficult for the bacteria to stick and hopefully reducing the rate of urinary tract infection.

## **What is the evidence that this works?**

There have been a few small studies, which show that administering Cystistat decreases the incidences of urinary tract infection in various situations. In particular, one study looking at 40 women with a history of recurrent urinary tract infection received treatment with Cystistat for four weeks and then monthly for four months and it was found that their rate of urinary tract infection reduced considerably.

Of the 40 patients, no patients had a urinary tract infection during the five months that they were receiving treatment and 70% had not had a recurrence of infection within the period they were followed up.

## **How is Cystistat given?**

Cystistat is given through a small catheter (thin tube). You will be asked to attend the Outpatients Department. A Specialist Nurse will explain the treatment to you. A small catheter will be passed into the bladder through your urethra (water pipe), any urine will be emptied out through the catheter, and the Cystistat instillation will be pushed into your bladder using a syringe.

You will be asked to hold on to the medication for as long as possible (by not passing urine), ideally for at least 30 minutes. You will be encouraged to move around during this time so that all areas of the bladder are covered. You do not need to take any special precautions when passing the Cystistat out.

### **How often will I be given Cystistat?**

You will be given one treatment a week for four to six weeks and then one treatment a month for three months.

### **What are the side effects?**

Cystistat has a very low occurrence of side effects. Those that are experienced are probably related to the method of instillation. Some discomfort in the urethra is common and some people will experience a small amount of bleeding. It is also possible that the catheterisation will stir up a urinary tract infection. A very small number of patients may be allergic to Cystistat but it is very rare.

### **Who cannot have Cystistat?**

- Patients who have previously been shown to be allergic to Cystistat.
- Cystistat should not be given to women who are pregnant or breastfeeding.

### **Further information**

**For general queries about Cystistat telephone the Urology Centre on Tel: 0151 600 1593**

**Text phone number: 18001 0151 600 1593**

**For clinical questions specific to your case, telephone the secretary of your Urology Consultant**

## Author: Urology Directorate

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