

# The positive effects of symptom resolution and disease suppression in Interstitial Cystitis patients, using Intravesical Cystistat.

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## *What is Cystistat ? Methodology*

### **Objectives.**

To report the successful use of Intravesical Cystistat given to 64 previously non responsive patients in whom there was complete resolution of symptoms following a treatment programme of 6 weekly instillation's, followed by a further 6 monthly instillation's. Additionally 60% of patients were shown how to self catheterise and self administer the Cystistat therapy.

### **What is Interstitial Cystitis/How is it diagnosed ?**

Interstitial Cystitis is a chronic inflammatory condition of the bladder characterised by a deficient Glycosaminoglycan (GAG) layer, resulting in symptoms of severe urinary frequency, urgency, dysuria and pelvic pain. Diagnosis is confirmed on the histo-pathology report of bladder biopsies after flexible cystoscopy and urodynamic studies.

### ***Cystistat in ICS***

- Sodium Hyaluronate
- Temporarily Replaces GAG Layer
- Directly instilled into the Bladder

### ***Cystistat in ICS: Hyaluronic Acid***

- Hyaluronic Acid (HA)  
Major component of the GAG Layer
- GAG Layer is the bladders protection against urinary irritants
- Defect in GAG layer has been reported in ICS patients
- Differing CHO composition in ICS v Controls
- Exogenous HA appears to stabilise GAG Layer

### ***Cystistat therapy in ICS***

- Intravesical HA
- Previous Regime
- 40mg weekly x 4
- Monthly x 2
- Results Disappointing
- Alternative Regime Proposed
- Weekly x 6
- Monthly x 6
- Self Rx (Patient taught ISC)

### ***Study Population***

- Named Patient Basis
- Aug 1996-May 2005
- 64 patients 22-76
- All Female
- All Refractory to Oral Rx
- Weekly x 6
- Monthly x 4

### ***Cystistat in ICS: Results I***

- 16/64 (25%) no response to CYSTISTAT Instillation
- 48/64 (75%) Excellent response to treatment
- 33/48 (68.8%) Self treatment / Maintenance Rx

### ***Cystistat In Ics: Results II***

- Failed Response (16 PATIENTS)
- 5 (31%) underwent Clam Cystoplasty
- 2 (12.5%) underwent Cx and Conduit

### ***Cystistat (additional)***

- 2 Patients
- 1 male : 1 Female
- Rx for Mitomycin Cystitis
- 6 cycles (weekly)
- Both Had Excellent Response

### **Conclusions.**

We conclude that by changing the current protocol currently in place for the administration of Cystistat and the current prescribing restrictions in place i.e listed as a medical device, leads to quicker disease and symptom suppression and improved quality of life. By teaching patients how to self administer Cystistat on the commencement of symptoms, leads to better patient compliance and again allows early control of symptom recurrence.