



cystistat[®]
Sodium Hyaluronate Solution

Patient Information

WHAT IS INTERSTITIAL CYSTITIS?

Interstitial Cystitis (IC) is a condition resulting in recurring discomfort or pain in the bladder and the surrounding pelvic region. Its cause is unknown, but it is believed to result from a chronic inflammation and degeneration of the bladder wall. It may be more appropriate to call IC “Painful Bladder Syndrome” (PBS). IC/PBS has become a significant health problem due to its chronic debilitating character.

What causes IC/PBS?

It is generally believed that there are several different causes. One possibility is that Urinary Tract Infections (UTIs) may be at least partly responsible. Certainly IC may resemble a bacterial infection when symptoms first arise but antibiotics have no effect.

Another suggestion is damage to the protective, waterproof lining of the bladder, possibly from something originating in the urine (sometimes referred to as a “leaky bladder”). If there is such a defect, the bladder wall could absorb irritant substances leading to chronic inflammation, causing pain, frequency and urgency.

How common is IC/PBS?

There are an estimated four hundred thousand people in the UK with IC/PBS, of whom 90% are women and 10% men.

People of any age may be affected, including children, but two thirds are thought to be between 20 and 50 years of age. IC/PBS can affect anyone from any background.

WHAT ARE THE SYMPTOMS?

The most prevalent symptoms include:

- Pain and tenderness
- The need to pass urine frequently
- Urgent need to pass urine
- Sleep disruption
- Lower back ache
- Pain during intercourse
- Fatigue

IMPACT:

- Travel becomes difficult
- Inability to concentrate
- Insomnia and day sleepiness
- Depression
- Inability to enjoy usual activities
- Family relationships adversely affected

WHAT IS **CYSTISTAT®**?

Cystistat® is a clear, colourless liquid for use in the temporary replacement of the bladder lining. The primary component is sodium hyaluronate, a salt of hyaluronic acid, which occurs naturally in the fluids of the eye, the joints, and in the glycosaminoglycan (GAG) layer of the bladder lining. This layer - which is deficient in many patients with interstitial cystitis, and other painful bladder conditions - is believed to provide the bladder wall with a protective coating against irritants in the urine.



How is Cystistat® administered?

Cystistat® is instilled directly into the bladder *via* a catheter. The procedure is routine, and may be undertaken in a hospital/clinic by a Health Care Professional. For best results, Cystistat® should be retained in the bladder for as long as possible (a minimum of 30 minutes).

How long do I need treatment for?

Cystistat® is administered initially once weekly, for four to twelve consecutive weeks, then monthly until symptoms resolve or unless instructed otherwise by a Health Care Professional.

How do I obtain treatment?

Treatment is initiated by a Health Care Professional following appropriate diagnosis.

Evidence suggests that Cystistat® is well tolerated in intravesical therapy and can be administered over years without disadvantage. However, if you should experience any unwanted or unexpected events following treatment then please inform your Health Care Professional.


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WHAT IS RECURRENT BACTERIAL CYSTITIS?

Recurrent Bacterial Cystitis (RBC) is a condition characterised by repeated episodes of UTIs. Recurrent UTIs/RBC may be linked to a damaged bladder lining. It has been suggested that the more UTIs a patient has, the greater the damage to the bladder lining.

What causes RBC?

Bacteria are the most common cause of cystitis, and may be introduced into the urinary system for many reasons including:

- Hygiene
- Catheters
- Pregnancy
- Sexual activity
- Irritants (*i.e.* deodorants, bubble bath)
- Postmenopausal changes
- Diabetes

WHAT ARE THE SYMPTOMS?

The main symptoms include:

- Pain when urinating
- Frequent need to pass small amounts of urine
- Feeling of urgency to pass urine even when the bladder is empty
- Cloudy/dark urine, which may have a strong aroma

IMPACT:

- RBC makes passing of urine painful
- Sleep may be disturbed due to pain and discomfort
- Working life may be disrupted
- Relationships could be affected
- Antibiotics may cause other problems *e.g.* thrush



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