



York Teaching Hospital  
NHS Foundation Trust

# Sodium Hyaluronate Bladder Treatments (Hyacyst/Cystistat)

Information for patients, relatives and carers

① For more information, please contact:

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Middlecave Road, Malton, YO17 7NG

York Hospital: Telephone 01904 726010  
Wigginton Road, York, YO31 8HE

Scarborough Hospital: Telephone 01723 385246  
Woodlands Drive, Scarborough, YO12 6QL

Caring with pride



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## **If you have a LATEX allergy**

If you have a LATEX allergy, you should tell your nurse or doctor as this means you should only be prescribed Cystistat.

## What are Hyacyst/Cystistat bladder treatments?

Hyacyst and Cystistat are brand names for a medicine called Sodium Hyaluronate Solution. This medicine is placed inside the bladder to help give relief from some bladder problems.

The sort of bladder problems the treatments may help with are:

- Painful Bladder Syndrome (formally called Interstitial Cystitis).
- Recurrent urinary tract infections (bladder infections that keep coming back).

The medications in the treatments are very like the natural substances your body makes to protect the bladder lining from irritants in the urine.

Other options;

**Painful Bladder Syndrome;** Elmiron tablets, symptoms relieve with tablets for pain and urinary symptoms, Botox injection into the bladder or general dietary and fluid advice.

**Recurrent urinary tract infections;** daily antibiotic for a short period (prophylaxis), vaccination (limited availability and success) or general dietary and fluid advice.

## **What happens on the day of treatment?**

Once you have been offered a course of bladder treatments by your nurse or doctor, you will receive an appointment to attend the Day Unit in York Hospital (if you live in the York area) or Lilac Ward in Scarborough Hospital (if you live in Scarborough or Bridlington areas).

Please eat and drink as usual on the day of the each treatment you have. You will be awake during the procedure, which will only take about five minutes.

When you arrive, you will be asked to provide a urine sample. This will be checked for evidence of infection.

Your written consent will be obtained prior to your course of treatments. You will have the opportunity to ask questions at all times. You will be asked to sign a consent form (FYCON172-3 “Course of Bladder Treatments with Hyacyst or Cystistat“) to confirm that you agree to treatment and understand the information given to you. This form will be kept in your medical records and you will also be offered a copy for your own records.

If your urine sample is clear, you will be asked to lie on a trolley and remove your lower garments. A towel is provided to maintain your dignity while you are not fully dressed.

The entrance to the bladder will be cleaned with saline solution before the treatment is given. Every person has bacteria living around the entrance to the bladder so we try to minimise this reaching the bladder itself.

A thin, slippery tube is inserted into the urethra (water pipe) and the bladder is drained. Then the treatment is introduced into the bladder via a syringe. Only 50 millimetres of the treatment solution is administered. This about half a cupful and shouldn't stretch the bladder in any way.

## What happens after treatment?

As soon as the treatment is inside the bladder, the tube is removed. You will be able to get dressed straight away.

If it is your first treatment, we ask that you stay on the unit for 10 to 15 minutes. When you have further treatments you will be able to go home straight away.

Ideally, you should aim to keep the treatment in the bladder for at least 30 to 60 minutes. The maximum time to keep the treatment inside the bladder is two hours. There are no special precautions to take when you pass urine for the first time after the procedure.

Please ensure you drink plenty of water over the following 24 hours (aim to drink twice as much fluid as you normally would). Be on the lookout for a urine infection as there is a risk of this from any bladder procedure. Signs of a urine infection include:

- Pain when passing urine.
- Needing to pass urine more frequently or urgently.
- Foul smelling urine.
- High temperature with backache.

If you are feeling unwell with these symptoms, see a doctor urgently to discuss treatment. There is more information on this further on in the leaflet.

## How will I have my course of treatments?

Usually, a course of six weekly treatments are prescribed and the appointments will be posted to you. If you can't attend your appointment for any reason please ring 01904 725708.

- For people with painful bladder syndrome, the six weekly treatments are followed by four monthly top up treatments.
- People with recurrent urinary tract infections usually just have the six weekly treatments.

An appointment to see your nurse or doctor may then take place to review your progress.

It doesn't matter if you need to miss a treatment now and then but please do let us know if you have chosen to stop having treatments.



## **How do hyacyst/cystistat bladder treatments work?**

The bladder is a bag of muscle which collects the urine your kidneys produce until it's time for you to do a wee. The lining of the bladder is covered by a thin coating of mucous called the glycosamine (GAG) layer. This layer helps to protect the bladder tissue from toxins in the urine itself.

The current theory about why people get recurrent bladder infections and painful bladder syndrome is that the GAG layer may not be working as it should.

The bladder treatments given via catheter tube may provide a temporary boost to the GAG layer and help settle the inflammation.

## What if I have a urine infection?

Urine infections happen when bacteria get into your bladder, which does not belong there. If the bacteria reproduce, it can cause discomfort and inflammation.

You may suspect you have a urine infection if you find yourself going to pass urine more frequently than usual, experience burning discomfort as you pass urine or your urine becomes cloudy or smelly. Most of the time, urine infections get better with simple things you can do to help yourself at home:

- Drink extra water, three or four large glasses of water in addition to your usual drinks.
- Take simple pain relief such as paracetamol.
- Avoid acidic fruit juices, tea and coffee and fizzy drinks until the symptoms clear.

If you begin to unwell in yourself however, you should see your doctor as soon as you can. This includes any of the following: feeling shivery, feverish, confused or feeling new pain in your lower back with a high temperature. This sort of urine infection may require antibiotic treatment.

## **Urine infection before the treatment**

If you feel unwell with an infection you will not be able to have your treatment on the day. Please telephone 01904 725708 (York hospital patients) or 01723 385246 (Scarborough/Bridlington hospital patients) to let us know and we will rebook your treatment. Once your infection has cleared, you will be able to recommence treatments again.

## **Urine infection after the treatment**

After the procedure if you feel you are developing one or two symptoms of a urine infection, try the advice on the previous page and the infection should clear in a few days. If you begin to feel unwell however, please do seek treatment for your family doctor.

Only a very few people get a urine infection after the treatment but it does sometimes happen. Everything we use is sterile and we do everything we can to try and avoid an infection. Drinking extra water will help prevent a urine infection developing.

## **What are the benefits of this treatment?**

To relieve symptoms of Painful Bladder Syndrome (Interstitial Cystitis). May also help to reduce recurrent urinary tract infections.

## **Are there any risks or side effects of this treatment?**

### **Common risks/side effects (more than one in 10)**

Discomfort when passing urine, urinary frequency, trace of blood in urine, treatment has no effect on the symptoms.

### **Occasional (between one in 10 and one in 50)**

Urine infection requiring antibiotic treatment

### **Rare (Between one in 50 and one in 250)**

Allergic reaction to any component of the drug or catheter products used to instil the treatment.

### **Hospital acquired infection**

Colonisation with MRSA (0.9% - one in 110)

Clostridium difficile bowel infection (0.2% - one in 500)

MRSA bloodstream infection (0.08% – one in 1250)

## **Are there any alternative treatments?**

Pain relief medication, avoiding triggers in your diet, hydrodistension (filling to a high pressure) of bladder under general anaesthetic, radical surgery (cystectomy (removal of part or whole of bladder) and urinary diversion (rerouting of urine flow)).

## **Useful links to other information**

We hope the information in this book will be useful for you along your journey to better bladder health. More information about Painful Bladder Syndrome and recurrent urinary tract infection may be found via the following sources:

### **Bladder Health UK**

(Formally - The Cystitis and Overactive Bladder Foundation)

[www.bladderhealthuk.org](http://www.bladderhealthuk.org) [Accessed 8 Jan 2019]

Confidential advice line: 0121 702 0820

### **BAUS**

**The British Association of Urological Surgeons**

[www.BAUS.org.uk](http://www.BAUS.org.uk) [Accessed 8 Jan 2019]

Go to the “Your visit” section of the website to find useful information on a range of Urological conditions and treatments.

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets) [Accessed 8 Jan 2019]

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

[enter contact details here including address and telephone and email if possible.] TBC

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



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