

Bladder Instillation Therapy Protocol for Interstitial Cystitis

- Solution:
 - Sodium Bicarbonate 8.4% 2cc (comes in 10cc syringe)
 - Lignocaine 2% 20cc
 - Heparin 10,000u/ml 1cc

- Additional Items Required:
 - Bladder scanner
 - In/out (8F) catheter
 - Antiseptic cleansing solution

- Procedure:
 - Have patient void first
 - Perform U/S assessment of residual bladder volume
 - Empty bladder with catheter
 - Instil solution above
 - Have patient hold solution in bladder for at least 30min. to 1hr (the longer the better)
 - Give patient stat dose of Cephalexin or Macroclantin depending on any Hx of allergies

- Protocol:
 - 3 times for the first week, then once a week for 6 weeks
 - (Total treatment time = 7 weeks)
 - Total of 9 instillations

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