

# Intravesical Steroid Injection

## What is intravesical steroid injection?

Intravesical steroid injection is the injection of steroids into the bladder wall. This is used for a condition called interstitial cystitis, a disabling condition associated with chronic inflammation of the bladder wall. Kenacort® (triamcinolone) is a type of steroid, which is commonly used for inflammatory conditions like arthritis. This is NOT an anabolic steroid, (performance enhancing) and have been safely used for many years in various medical conditions.

## What is involved?

This procedure is performed under a general anaesthetic and takes about 5 to 10 minutes. This is repeated, usually at 3 month intervals, over a total treatment period of 18 months. The relief of your symptoms and the success of the treatment will be continually assessed during this period. Intravesical steroid injection is carried out as a day procedure.

## What to Expect

Common symptoms of interstitial cystitis include frequency, urgency, nocturia, dysuria, and suprapubic or perineal pain, which improve with emptying of the bladder. The reduction or elimination of these symptoms with steroid injections is not usually significant till after the second treatment, and continues to improve with each treatment. Patients have reported a 30% reduction in symptoms after the 2nd injection, reaching as high as 80% by the end of 12 months. It is unknown how long this treatment will provide symptom relief over a longer duration; this is a relatively new treatment for interstitial cystitis and no long term data is yet available. However, results are continually being assessed and long term outcomes look very promising.

## After the Surgery

You may experience for up to 72 hours:

- Urinary frequency
- Dysuria – burning and stinging when you pass urine
- Haematuria (slight blood stained urine)

Take Ural if required and if these symptoms persist notify your doctor.

You may be given a course of antibiotics to take at home.

You will be reviewed as required approximately 3-4 months post injection. If you have any questions or concerns during this time, please contact the urogynaecology clinic and we will discuss these with you.

## Tips for Success

Take Cranberry tablets 10,000mg, 1 tablet a day, this can be

purchased from a health food store or the supermarket.

Remember to empty your bladder efficiently; Sit comfortably on the toilet, feet flat on the floor and lean forward with your elbows on your knees.

Drink adequate fluids; at least 6 – 8 glasses per day.

**Contact your GP or Emergency Department if you experience any of the following:**

- pain not relieved by painkillers
- burning or difficulty passing urine
- increased vaginal bleeding or passing clots
- smelly or offensive, or unusual genital discharge
- fever or feeling unwell

**Your doctor will be happy to discuss any concerns that you may have regarding this operation.**

**I have read this information leaflet and understand its contents.**

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**PLEASE BRING THIS DOCUMENT WITH YOU AT THE TIME OF ADMISSION FOR YOUR OPERATION**