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INTRAVESICAL STEROID INJECTION

WHAT IS INTRAVESICAL STEROID INJECTION?

Intravesical steroid injection is essentially injection of steroids into the bladder wall. This is used for a condition called Interstitial Cystitis, which is a disabling condition associated with chronic inflammation of the bladder wall. Kenacort, 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 10 to 15 minutes. The treatment involves having an Intravesical injection every 3 months over a 12 or 18-month period. The relief of your symptoms and the success of the treatment will be continually assessed during this period. This procedure is carried out as a day procedure.

RESULTS:

Common symptoms of Interstitial Cystitis include frequency, urgency, nocturia, dysuria and suprapubic or perineal pain, which improve with emptying of the bladder. Improvement is not usually significant till after the second injection and continues to improve with each injection. Patients have reported a 30% reduction after the 2nd injection reaching as high as 80% at the end of 12 months. Long term results, as in how long this treatment is effective is unclear, as this is a relatively new treatment for interstitial cystitis and no long term data is yet available. The results are continually being assessed and long term outcomes look very promising.

DISCHARGE INSTRUCTIONS:

You may experience for up to 72 hours:

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