



Patient & Family Guide
2019

Heparin Bladder Instillation



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What is heparin bladder instillation?

Heparin bladder instillation is a treatment to help with interstitial cystitis (also known as painful bladder syndrome). Symptoms include having to urinate (pee) often, feeling an urgent need to pee, and burning pain or stinging when peeing. This treatment lowers inflammation (swelling) and discomfort in the bladder.

How is this treatment done?

You will be given a medication called heparin through a small catheter (tube) put into your bladder. Treatment is usually done once a week for 6-8 weeks, then as needed. This will depend on your symptoms.

How do I get ready for my appointment?

- Drink liquids as usual before your appointment. Avoid drinks that will irritate your bladder (e.g., tea, coffee, pop) for at least 2 hours before your appointment.
- If you take water tablets (diuretics), please talk with your health care provider about whether you should stop taking these before your appointment.

What will happen at my appointment?

- You may be asked to pee before the treatment, to empty your bladder.
- You will be asked to lay down on a stretcher or exam table and to remove your underwear.
- A small catheter will be put into your bladder. This will drain any urine left in your bladder.
- A solution containing heparin will slowly be instilled into your bladder through the catheter.
- The catheter will then be taken out and you will keep the solution in your bladder for as long as comfortably possible (at least 15 to 20 minutes).
- After you have held the solution for as long as you can without discomfort, you can use the bathroom. You may be asked to stay in the clinic for monitoring after your treatment.

What are the possible side effects?

Not everyone has side effects. You may feel the need to pee more often or more urgently, and/or feel discomfort when passing urine (peeing). These side effects may be similar to your original symptoms.

- There is a chance of infection. **If your temperature is more than 38°C/100.4°F within 48 hours (2 days) after your treatment, please call your health care provider.** You may need to have a urine test. If you have an infection, you may need medication.
- You can use a hot water bottle and/or pain medication to help with discomfort. Ask your health care provider for recommendations. The discomfort should go away in about a day.

If you have any questions or concerns, please call your health care provider.

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For more information, go to <http://library.novascotia.ca>

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Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.