



Patient Information Leaflet: Bladder Instillations with Hyacyst, IAluRil or Gentamicin

What is a Bladder Instillation?

A bladder instillation is a treatment where a liquid medication is gently inserted into your bladder through a fine catheter (a small tube passed into the bladder via the urethra). The medicine coats the bladder lining to help reduce irritation, inflammation or infection.

At The Forbury Clinic, your consultant may recommend one of the following:

- **Hyacyst or IAluRil** – bladder lining repair solutions containing **hyaluronic acid** (with or without chondroitin sulphate)
 - **Gentamicin** – a targeted **antibiotic** used to treat or prevent bladder infections
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Why Am I Having This Treatment?

You may be offered bladder instillations if you have:

- **Recurrent urinary tract infections (UTIs)**
- **Interstitial cystitis / painful bladder syndrome**
- **Bladder inflammation after radiotherapy or surgery**
- **Chronic bladder irritation or overactivity**

These treatments are used when symptoms are persistent, disruptive or not responding to oral medications.

How is the Treatment Given?

- The area is cleaned and a small catheter is inserted into the bladder
- The medicine is gently passed into the bladder through the catheter
- The catheter is then removed



- You'll be asked to **hold the treatment in your bladder** for at least **30 minutes**, ideally up to **1 hour**, before passing urine

You may receive one treatment a week for several weeks, depending on your symptoms and response.

Will It Hurt?

Most patients find the procedure slightly uncomfortable but not painful. You may feel:

- A moment of stinging when the catheter is passed
- A full feeling in the bladder while holding the treatment
- Mild burning when passing urine after the first few instillations

These are temporary and tend to improve with each session.

What Should I Expect After the Instillation?

- You may notice **slight stinging or urgency** to urinate for a few hours
 - Drink **plenty of water** for the rest of the day
 - Avoid caffeine and alcohol for 24 hours, as these can irritate the bladder
 - You can resume normal daily activities after the treatment
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Are There Any Risks or Side Effects?

Bladder instillations are generally well tolerated. Possible side effects include:

- Mild bladder discomfort or burning when urinating
- Small amounts of blood in the urine
- Temporary urgency or frequency
- Very rarely, infection or allergic reaction

If you experience any of the following, please contact us:

- Fever or chills
- Persistent pain or burning



- Difficulty passing urine
- Heavy bleeding
- Lower abdominal pain that does not settle

How Many Treatments Will I Need?

Your consultant will tailor the course to your needs. A typical plan may involve:

- **Weekly instillations for 4–6 weeks**
- **Monthly maintenance treatments** if your symptoms improve

Some patients notice benefits after a few sessions; others may need a longer course for full effect.

Can I Drive or Work Afterwards?

Yes — most people return to work or daily activities straight after. If you feel tired or uncomfortable, you may wish to rest for a few hours.

Questions or Concerns?

Our team is here to support you. If you have any questions before or after treatment, please get in touch:

 **The Forbury Clinic**
 0118 9207040