Greater and more durable relief with intravesical Huoxue Jiedu +hydrodistension

In BPS/IC，adding 8 standardized intravesical instillations of a TCM formula to bladder hydrodistension outperformed hydrodistension alone.

Yu Yao , Jianxin Lu , Jingling Lai

Department of Urology, Guang'anmen Hospital, China Academy of Chinese Medical Sciences, Beijing, China

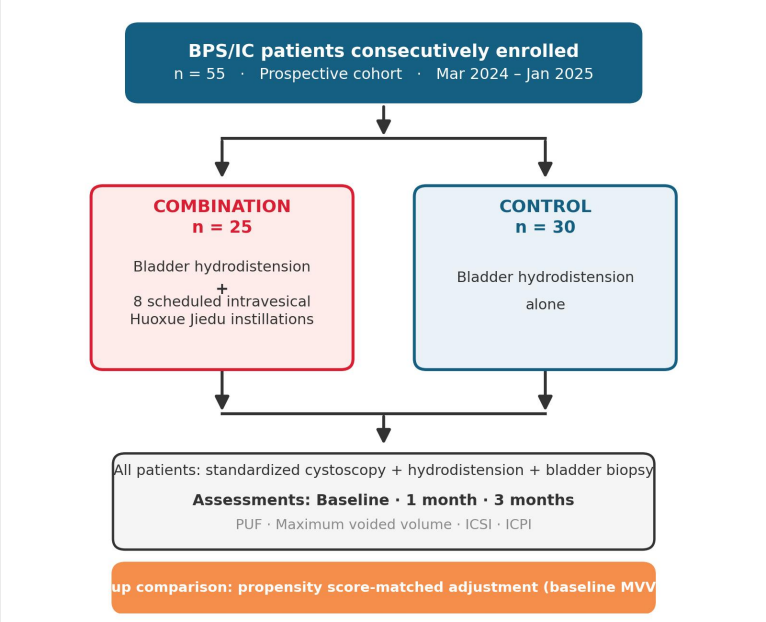
www.ics.org/2026/abstract/ 【Abstract 622】

HYPOTHESIS & AIMS

To evaluate intravesical Huoxue Jiedu formula (standardized TCM preparation) combined with hydrodistension vs hydrodistension alone for short-term outcomes in BPS/IC.

METHODS

- Prospective cohort, single centre; consecutive enrolment, Mar 2024 – Jan 2025
- Allocation by receipt of postoperative intravesical therapy
- Huoxue Jiedu: TCM prescription under standardized pharmaceutical QC & sterilization for intravesical use
- Co-primary outcomes: PUF score, maximum voided volume (MVV); also ICSI, ICPI.



RESULTS

- 55 patients (combination n=25, control n=30). At 1 month both groups improved; combination improved more (PUF, MVV, ICSI, ICPI: all P<0.001).
- At 3 months combination benefit was sustained and further enhanced, while control plateaued.
- After PSM adjustment, all efficacy outcomes favoured combination at 3 months (all P<0.001).

Between-group efficacy outcomes after PSM adjustment

Outcome	1 month	3 months
PUF total score	✓ favours combination	P < 0.001
Max. voided volume	✓ favours combination	P < 0.001
ICSI	✓ favours combination	P < 0.001
ICPI	✓ favours combination	P < 0.001
Daytime frequency	NS (P = 0.152)	P < 0.001

✓ favours combination = significantly better in combination group; NS = not significant

CONCLUSIONS

- Huoxue Jiedu + hydrodistension gave greater and more durable symptom relief and storage-function improvement than hydrodistension alone.
- Locally delivered multimodal TCM adjunct, no systemic exposure — large-scale RCTs warranted.

Limitations:single-centre,non-randomized; small sample. *Funding: High Level Chinese Medical Hospital Promotion Project. Ethics: Medical Ethics Committee of Guang'anmen Hospital, CACMS.*