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ABSTRACT

Objective: The Purpose of this study is to compare intravesical combined Sodium Hyluronate and chondroitin (Ialuril) to cocktail therapy in interstitial cystitis patients and recurrent urinary tract infection regarding therapy outcome, compliance, and risk of infection

METHODS

Prospective Study from March 2013 till February 2018 including all interstitial cystitis (IC) patients presented to our urology clinic, and patients with recurrent urinary tract infection who failed to respond to oral medications. All IC patients underwent cystoscopy and hydro distention followed by intravesical therapy. Patients were randomly allocated to either Cocktail (NaOH+ heparine+lidocaine) total of 6 cycles over 2 weeks or combined Sodium Hyluronate and chondroitin (Ialuril) therapy as intravesical therapy for 7 cycles (once weekly , then every 2 weeks then once a month). They were assessed regarding any urinary tract infection during therapy, compliance, and treatment outcome.

RESULTS

Total of 28 patients were included (4 males, 24 females) with mean age of 44y (24-72y Stand deviation 14.98), Mean follow up 25 months (3-60 months stand deviation 13.37). Total of 16 patients diagnoses as interstitial cystitis while 7 patients were having ulcerative IC, five patients with recurrent UTI. Cocktail intravesical therapy was administered to 20 patients while 8 patients received combined Sodium Hyluronate and chondroitin (Ialuril). During intravesical therapy three patients developed UTI in the cocktail therapy arm and 1 combined Sodium Hyluronate and chondroitin (Ialuril) group. Compliance was better in combined Sodium Hyluronate and chondroitin (Ialuril) group with 2 patients not compliant in the other arm. Statistical analysis showed no significant difference between both groups regarding outcome (improved symptoms or not), development of infection, need to repeat therapy and patient compliance with therapy with p value of 0.781, 0.559, 0.671, 0.372 respectively

CONCLUSIONS

Intravesical combined Sodium Hyluronate and chondroitin (Ialuril) is comparable to cocktail therapy. patients prefer protocol of combined Sodium Hyluronate and chondroitin sulfate over cocktail therapy .