

Treatment of Recurrent Cystitis/Painful Bladder Syndrome and Overactive Bladder Symptoms with Chondroitin Sulphate 0.2% (Gepan)

Introduction and Objective: It is often difficult to treat patients with recurrent cystitis (RC)/ painful bladder syndrome and overactive bladder (OAB) symptoms. Improvement of the glycosaminoglycan (GAG) layer in the bladder with chondroitin sulphate 0.2% (Gepan) can be assumed to improve bladder compliance and hence improve symptoms.

Materials and Methods: There were 30 female patients recruited over an 18-month period with overactive bladder symptoms based on NIH criteria and clinical evaluation who had not improved after first-line therapy. Patients received 40 ml Gepan instilled intravesically once a week for six weeks and then once per month or 3 monthly for up to 12 months. Patients were followed up in outpatient clinic during administration of Gepan and using quality of life questionnaires and overactive bladder symptom scores at pre-treatment level and at staged intervals of 6 weeks, 6 months and 12 months.

Results: Of the 30 patients, 5 patients withdrew due to lack improvement. Treatment scores pre, during and post-treatment from the questionnaires were out of 65. Mean pre and post-treatment scores (n=25) were 37.76 to 28.00 respectively (95% C.I. 5.14-14.38; p-value = <0.005), giving a mean improvement of 9.76 points. Two patients showed no improvement or worsening in symptom score. No adverse side effects were noted throughout the study.

Conclusion: This study shows Gepan to be an effective, safe and well-tolerated treatment to improve symptoms in this group of patients. Gepan is not a first-line agent and is reserved for those in which have been previously not improved after conventional treatment.