



Patient Instructions

Hydrodilation of the Bladder

Bladder distention (Hydrodilation of the bladder) is a procedure that is performed with general anesthesia to diagnose and treat interstitial cystitis . The doctor uses a cystoscope to see inside the bladder and urethra. The doctor will also distend or stretch the bladder to its capacity by filling it with fluid. Researchers are not sure why distention helps, but some believe that the procedure may increase bladder capacity and interfere with the pain signals transmitted by nerves in the bladder.

You may experience a significant, temporary worsening of pain, urgency and frequency for a few days after the distention. Your doctor will prescribe you with a pain medication to help you through this. These symptoms should continue to improve and stabilize at a more comfortable level over a period of time. The degree of improvement and length of time this improvement lasts can vary widely among individuals -- days to months. You may also notice some blood in your urine (pink – red). This symptom should improve over the next 24 hours. Please contact the office if the bleeding becomes thick and dark.

Ensure you drink plenty of fluids (2 liters per day minimum), take your medications as directed, and follow any diet restrictions your doctor has given you.

Please feel free to contact the office and ask to speak with a triage nurse at 249-3900 if you have any problems or questions.