What is the Value of Cystoscopy with Hydrodistension for IC

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Introduction

- Cystoscopy with hydrodistension most common diagnostic test for interstitial cystitis (IC)
- NIDDK diagnostic criteria
- Glomerulations – not sensitive or specific
- 3 international consensus conferences
Objectives

- Does cystoscopy with hydrodistension diagnose above H&P?
- Does cystoscopy with hydrodistension yield relief?

Materials and Methods

- 86 consecutive IC patients (68 women and 16 men) were studied retrospectively
- H&P, voiding diary, PUF questionnaire, UA, U C&S and cytology
- Cystoscopy with hydrodistension was performed in 47
Materials and Methods

- Compared cysto hydro pts vs those who declined
- Cysto hydro pts were followed for therapeutic response

Comparison of Cysto + Hydro vs None

<table>
<thead>
<tr>
<th>Category</th>
<th>C &amp; H</th>
<th>No C &amp; H</th>
<th>p - value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>40</td>
<td>41</td>
<td>0.77</td>
</tr>
<tr>
<td>Duration (years)</td>
<td>7</td>
<td>5</td>
<td>0.11</td>
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<tr>
<td>Nocturia</td>
<td>3</td>
<td>3</td>
<td>0.64</td>
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<tr>
<td>Day Frequency (min)</td>
<td>57</td>
<td>71</td>
<td>0.08</td>
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<tr>
<td>Day voided vol (cc)</td>
<td>86</td>
<td>115</td>
<td>0.02</td>
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<tr>
<td>Night voided vol (cc)</td>
<td>145</td>
<td>152</td>
<td>0.67</td>
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<tr>
<td>PUF</td>
<td>21</td>
<td>20</td>
<td>0.12</td>
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<tr>
<td>Pain (%)</td>
<td>61</td>
<td>25</td>
<td>0.03</td>
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**Discussion**

- Cystoscopy yields little information as a diagnostic test in IC
- No findings on cystoscopy changed the diagnosis
- No new information
Discussion

- Cystoscopy should be performed to exclude bladder cancer when appropriate
- Therapeutic potential appears modest

Conclusion

- IC remains a clinical diagnosis