

# 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

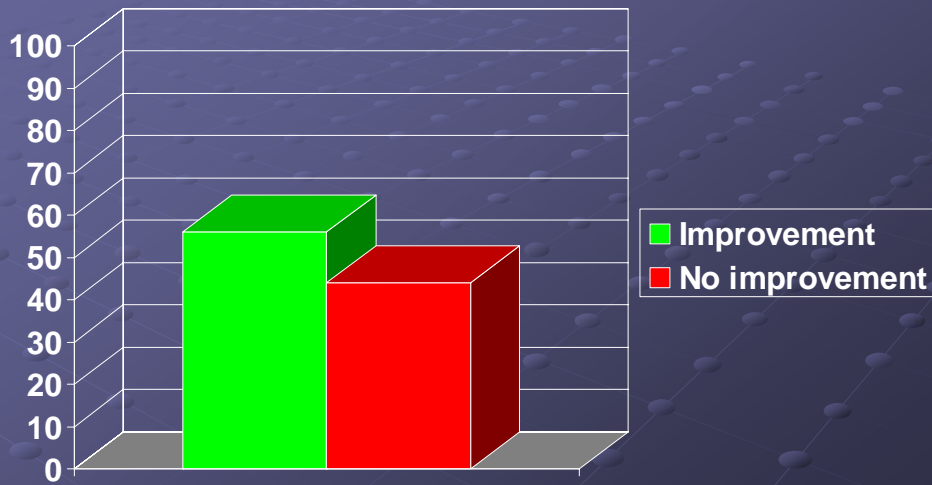
## Materials and Methods

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

### Comparison of Cysto + Hydro vs None

Category	C & H	No C & H	p - value
Age (years)	40	41	0.77
Duration (years)	7	5	0.11
Nocturia	3	3	0.64
Day Frequency (min)	57	71	0.08
Day voided vol (cc)	86	115	0.02
Night voided vol (cc)	145	152	0.67
PUF	21	20	0.12
Pain (%)	61	25	0.03

## Therapeutic Response to Cysto + Hydro



## 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