



UROLOGY, P.C.

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DMSO Bladder Instillations

Your physician has ordered DMSO bladder instillations to help treat your interstitial cystitis. It is really not clearly understood as to how the DMSO works in the bladder to make a person feel better. Doctors believe that it works in several ways. DMSO passes into the bladder wall and may actually reach tissue to help reduce inflammation and decrease pain. DMSO may also help prevent muscle contractions in the bladder that cause pain, frequency and urgency.

The DMSO is instilled into the bladder by using a small tube called a catheter. The bladder is drained and then the DMSO placed in the bladder. You are asked to hold the solution in your bladder for 15-20 minutes then urinate. You might notice a garlic smell on your breath and skin that might last 24-48 hours. This will go away on its own.

These treatments may be done once a week for 6-8 weeks. A significant improvement may not be seen right away. It may take 3-4 treatments before you have any relief from your symptoms. If you do not feel any improvement after the 6-8 weeks of treatments, please contact your physician to discuss other treatment options.

If you do have some improvement in your condition there may be times that you have a "flare-up" of your symptoms. You may call our office at 489-8888 and set up a nursing appointment to have another DMSO treatment done to help with the discomfort.