

BLADDER OZONE INSUFFLATION FOR UTI/IC



What can I expect at my visit?

- First visit is a new patient consultation (unless you are a current patient). If there is time and you have an active UTI, it is possible to do a treatment upon request.
- Urine collection and urine dip test.
- Cleaning of the urethral meatus (entrance)
- Lidocaine lubricant is administered after cleansing and a small catheter is inserted until we reach the trigone of the bladder.
- You can expect to feel some pinching with catheter insertion and as we reach the bladder.
- Emptying of any residual urine. This is not painful until we reach the last bit of urine and you will feel some pressure.
- Bladder Lavage - for some patients they prefer to have a lavage with normal saline (instilled into the bladder then removed).
- Ozone gas (Approx 60mL) is then insufflated into an empty bladder so that the gas can effectively bathe the bladder mucosa to exert its intended effects of anti-microbial, anti-inflammatory and vulnerary (Healing). It may burn slightly when the gas touches the bladder if your bladder lining is very irritated.
- Hold the gas in for 10-15 minutes. You will feel like you have to pee for these 15 minutes.
- Elimination of the gas from the bladder. It may be noisy and tickle as you release the gas. Urine may also follow it so please be near a toilet or wearing a thick pad when this occurs.