

BLADDER INSUFFLATION

WHO CAN BENEFIT?

- Chronic UTIs
- Interstitial cystitis
- Patients who have a cancer diagnosis
- Bladder Pain Syndrome

HOW IS BLADDER INSUFFLATION DONE?

A disposable urinary catheter is inserted into the urethra to gain access into the bladder. Often-times, ozone water, NS, or isotonic water is then pushed into the bladder, then ozone gas is pushed in via syringe.

VOLUME, DURATION, CONCENTRATION

Volume of Ozone:

- 50 – 100 mL

Concentration:

- 10 - 25 ug/mL

Frequency:

- 1-3 treatments weekly

LOW AND SLOW PROTOCOL W/VAGINAL INSERT

- 10 gamma with 50 mL on the first treatment
- 20 gamma with 50 mL for treatment 2
- 25 gamma with 50 mL for treatment 3
- 20 gamma with 100 mL of ozone for treatment 5
- 25 gamma and 100 mL for the following treatment 6

Add additional days of therapy depending on tolerance.

AGGRESSIVE PROTOCOL

- 10 gamma with 50 mL on the first treatment
- 25 gamma with 50 mL for treatment 2
- 25 gamma and 100 mL for treatment 3

Stay at 25 gamma and 100 mL for the remainder of the treatments

Add additional days of therapy depending on tolerance.

THINGS TO REMEMBER/KNOWLEDGE TRANSFER

Bladder insufflation can be done with the ozone gas alone, or with 100mL of ns saline or isotonic water.

Patients have been instructed to hold the ozone between 15-30 mins before evacuating the bladder

Should you have any irritation, discontinue the therapy for a week then start back again at ½ as much volume and concentration as you did that caused the irritation.