

Bladder Instillations as a Novel Treatment for Chronic Urinary Tract Infections

by Ruth Kriz

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Chronic urinary tract infections plague numerous women throughout the world. Now that more information about the role of biofilms in chronic infection is known, many chronic infections including ear and sinus infections are attributed to these structures entrapping infection and making them harder to treat with standard treatment protocols. With oral administration of short courses of antibiotics, the infections are only partially treated and result in multiple drug resistant strains of bacteria.

By more advanced next generation DNA sequencing, multiple pathogens are identified in these biofilm structures and can include fungal as well as bacterial organisms. By utilizing antibiotics that can generally only be given intravenously in a bladder instillation and combining these with EDTA to break down the biofilms, these infections can now be eradicated and not just suppressed.





Bladder instillations avoid systemic administration of oral antibiotics that compromise healthy gastrointestinal flora and contribute to fungal overgrowth. A two week treatment (one instillation twice/day, held as long as possible) is advisable to maximize contact with the bladder lining and to break down biofilms in order to reach the infections. Depending upon the extent of the biofilm problem, additional organisms often are revealed, requiring additional courses of treatment for those pathogens as well.

This approach has resulted in a high success rate for those with chronic urinary tract infections since once the infections are eradicated, the bladder wall can now repair and provide a more effective barrier against reinfection.

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