



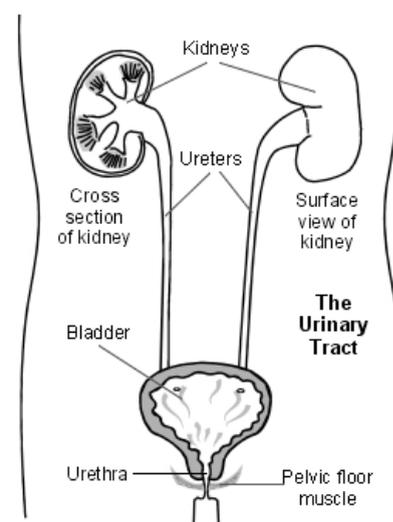
Macroplastique for the treatment of vesico-ureteric reflux (VUR) (1 of 4)

This information sheet explains more about the use of Macroplastique to treat your VUR. If you have any questions or concerns after reading this leaflet, please feel free to ask your nurse, who will be happy to help you.

Anatomy of the urinary system

The urinary system is made up of:

- Kidneys – remove waste products from the blood and regulate the fluid levels
- Ureters – the tubes that carry urine from the kidneys to the bladder
- Bladder – stores urine until it is ready to be excreted
- Urethra – the tube that urine passes through from the bladder before leaving the body.



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What is VUR?

VUR occurs when the flow of urine travels backwards from the bladder, up the ureters and sometimes as far as the kidneys

What is a cystoscopy?

A cystoscopy is a procedure used to examine the inside of the bladder and other parts of the urinary system. It involves inserting a special tube, called a cystoscope, into the urethra and then passing it through to the bladder

A cystoscopy is also used to carry out a minor procedure, which involves injecting a medicine called Macroplastique into the bladder or ureters.

What is Macroplastique and why should I have it?

Macroplastique is a sugar-based medicine used to treat VUR. It is injected through the cystoscope at the site of the VUR, where the ureters open into the bladder.

A Macroplastique injection prevents urine from flowing back up the ureters from the bladder. If infected urine flows into the kidneys, it may cause pyelonephritis (infection of the kidney) which can damage them.

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What are the risks?

The risks can be divided into those associated with a cystoscopy and those associated with the Macroplastique injection itself.

The risks specific to a cystoscopy include:

- * Bruising and swelling – you may have some bruising and swelling around your urethra from the cystoscope being inserted. This should clear up after a few days. If it does not, please contact us or your GP as you may temporarily need a urinary catheter (a thin, flexible tube) placed in your bladder to help drain your urine until the bruising and swelling goes down.
- * Damage to the bladder – it is possible to damage or tear (perforate) your bladder with the cystoscope. This can lead to bleeding and infection, which may require surgery or temporary insertion of a urinary catheter.
- * Bleeding – you may have a small amount of bleeding from the cystoscope being passed up the urethra. Some patients do not have any bleeding at all but some find that their urine is slightly pink for a few days after this procedure. Drinking plenty of water (about three litres spaced out over 24 hours) can help to clear your urine. If your urine remains pink after a few days, please contact your GP.
- * Infection – you may develop a urine infection after your cystoscopy, which could result in a fever (raised temperature) and pain when you urinate. Drinking plenty of water after the procedure can reduce the risk of infection. We will also give you antibiotics after the procedure to help to reduce this risk further.

Injection of Macroplastique is usually a safe procedure and serious complications are rare. However, as with any procedure, there are some risks associated with it.

The most common problem is that reflux continues despite the treatment with Macroplastique and repeated injections may be required. It is possible that even repeated treatment with Macroplastique may not be enough to cure the reflux.

Some patients (about one in 20) get pain in the loin (lower back) on the side of the Macroplastique injection for about 24 hours after the injection. If this happens, you may need to stay in hospital for pain relief.

Very rarely (in about one in 100 patients), if too much Macroplastique is injected, it can block a ureter. This is usually temporary and can be treated by inserting a stent (small tube) into the ureter for two to three weeks to relieve the blockage.

Are there any alternatives?

Preventative measures are the best alternative to the Macroplastique injections. To prevent the kidney infection resulting from reflux, it is important to try to prevent cystitis or bladder infections. This includes drinking 1.5 to 2 litres of fluids a day, passing urine regularly and avoiding constipation. Women should also avoid contraceptives containing spermicides, and pass urine immediately after sex.

A low dose of antibiotics can also be given on a long-term basis. This is known as prophylactic (preventative) treatment and can help to prevent urinary tract infections (UTIs) and any damage to the kidneys caused by infected urine flowing back into them.

There are also surgical methods of treating reflux to prevent kidney infection, including open ureteric re-implantation and robotic (keyhole) ureteric re-implantation. Although these have a better success rate at controlling the reflux, they are more complex to perform and the operation requires a longer recovery time. Your doctor or nurse will discuss these options with you in more detail as appropriate.

How can I prepare for a cystoscopy and the Macroplastique injection?

We will ask you to attend a pre-assessment clinic before your procedure, where we will check your health, ask you questions about your medical history and your medicines, and discuss the procedure with you in more detail.

You will have the cystoscopy and Macroplastique treatment under general anaesthetic in a Day Surgery Unit.

Giving my consent (permission)

We want to involve you in all the decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This confirms that you agree to have the procedure and understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

What happens during the procedure?

Once you are asleep under general anaesthetic, the cystoscope is lubricated, inserted into the urethra and passed up into the bladder. Sterile saline is then pumped through the cystoscope to expand the bladder and allow a clear view of the inside of the bladder. Macroplastique is then injected and the cystoscope is removed.

Will I feel any pain?

You may feel uncomfortable after the procedure – one in 20 patients get pain in the loin on the side of the Macroplastique injection which may last up to 24 hours.

What happens after the procedure?

You will usually go home on the same day following the procedure. As you will have had a general anaesthetic, you will need to arrange for someone to escort you home and stay with you for 24 hours after the procedure.

We will give you a three-day course of antibiotics to take home – it is important that you complete the course.

What do I need to do after I go home?

There are no special precautions associated with Macroplastique that you need to take after the injection. However, as you will have had the procedure under general anaesthetic, please follow safety advice and instructions outlined in our 'Welcome to Day Surgery Unit' leaflet.

If you experience pain when urinating and/or fever, please contact us on 01722 336262 ext 2244 or go to your local Emergency Department (A&E) as you may have an infection.

Will I have a follow-up appointment?

Yes, you will usually have your follow-up appointment two to three months after the procedure. However, your doctor may want to see you sooner if your reflux is more severe or if there are any complications.

You may need to have a video urodynamics test repeated after three to six months to check the benefits of Macroplastique.