

## Is there any proof that Gepan works?

Yes – there is plenty of evidence. In fact, there are more peer-reviewed published clinical studies showing the effectiveness of Gepan than any other GAG-layer therapy. It's been used successfully across the world for many years.

- An independent scientific review of treatments for chronic forms of cystitis declared that Gepan is the favoured treatment for GAG-layer replenishment<sup>1</sup>.
- In one study, marked improvements in all symptoms were seen from the first instillation, and improvements continued over the three-month study period<sup>2</sup>. The results were clear: 82% of doctors and 77% of doctors rated the treatment as positive.
- In a clinical trial for Over-Active Bladder comparing Gepan to oral anticholinergic treatment (tolterodine tartrate), 72% of patients who used Gepan for a year reported improvement of symptoms, and 56% were still enjoying improvement a year after treatment finished<sup>3</sup>. Meanwhile, patients taking tolterodine tartrate didn't fare so well. Just 43% of them improved after the first year, and that dropped to 14% in the year after treatment finished.
- Two studies have shown that Gepan is effective for cystitis caused as a result of radiotherapy or chemotherapy, and could even help prevent it<sup>4,5</sup>. In people with radiation cystitis, 80% were symptom-free or had improved after six weeks of treatment<sup>4</sup>.
- Gepan can also play a part in reducing antibiotic resistance<sup>6</sup>. In cases of recurrent UTIs, the number of infections reduced significantly when Gepan was used either alone or in combination with antibiotics.

In conclusion, Gepan has the advantages of:

- Rapid and sustained relief of symptoms
- Very good tolerability, no side effects
- High treatment satisfaction
- Option of home use

References:

1. Madersbacher, H. et al. (2012).
2. Nordling, J. and Ophoven, A. (2011).
3. Gauruder-Burmester, A. and Popken, G. (2009).
4. Schwalenberg, T. et al. (2015).
5. Hazewinkel, M. et al. (2011).
9. Rahnama'i, M. S. et al. (2016).

For further information contact us using the details below, see [www.gepan-instill.co.uk](http://www.gepan-instill.co.uk).

You can also contact your urology nurse at:

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# Gepan: feel free



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## Do I have chronic cystitis?

Do you have a strong urge to urinate that you cannot suppress? Do you make very frequent visits to the toilet, including several times in the night?

Do you have persistent pain in your lower abdomen? Does it impair your quality of life? Does it mean you need to 'toilet map' your route if you are going out?

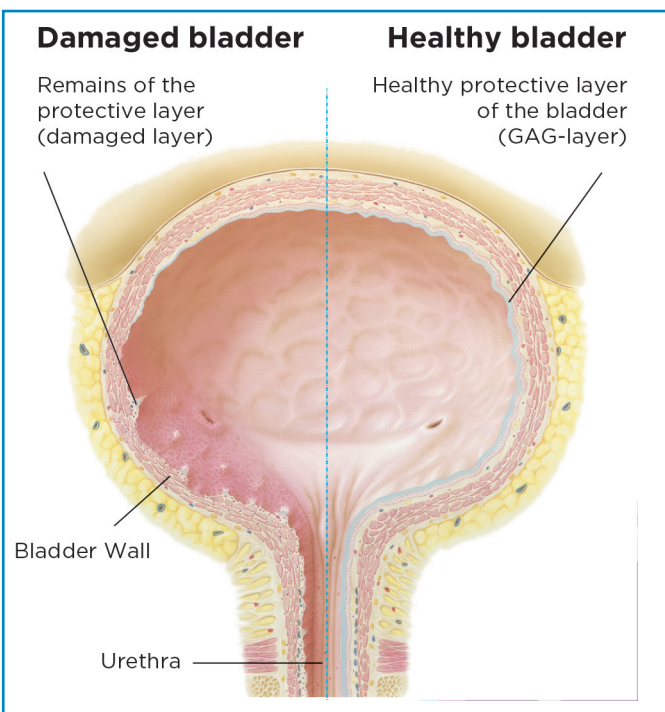
If you answer yes to one or more question, you may have an inflammation of the bladder – doctors talk about chronic forms of cystitis.

## What exactly is chronic cystitis?

Your bladder is lined with a protective surface known as the GAG-layer (glycosaminoglycan layer). This is made from strong components which are impervious to the irritant substances in your urine.

However, in chronic forms of cystitis, this layer is usually damaged.

This means that irritants in your urine can get through the damaged areas of the GAG-layer and seep into the deeper parts of your bladder wall.



Over time, your bladder becomes permanently inflamed which results in distressing symptoms such as:

- Strong and urgent need to urinate
- Frequent urination
- Persistent pain

There are several forms of chronically occurring cystitis. Doctors make a distinction between the following conditions:

- Interstitial Cystitis (IC)/Bladder Pain Syndrome (BPS)
- Over-Active Bladder (OAB)
- Radiation/Chemotherapy Cystitis
- Chronically Recurring Urinary Tract Infection

## What's my treatment?

There are many different ways to treat these conditions, and you may already have received more than one. These treatments can take a long time and, sadly, are not always successful.

However, Gepan® instill has proved particularly promising for all four of the above conditions.

## What is Gepan® instill?

Gepan is 40ml of liquid that comes in in a pre-filled syringe that connects to a catheter so that the liquid can flow into your bladder. This process is called bladder instillation.

The liquid in Gepan is a solution of 0.2% chondroitin sulphate (CS). This is a natural component of the GAG-layer so it is well tolerated, which means that there are no known side effects.

## How does it work?

Because CS is part of the GAG-layer, Gepan fills in the damaged areas of your bladder wall temporarily. You can imagine it like the silicone sealant along the edges of your bath to stop water getting behind it.

With these damaged areas re-sealed, the irritants in your urine can no longer get through it to cause problems. When the inflamed areas of your bladder wall aren't persistently being irritated, you should notice relief from your symptoms. The pain and frequent, urgent need to pee should subside,

and you should get some sleep instead of needing to use the loo all night.

Initially, it will take a short period for the GAG-layer to properly repair and for the underlying inflammation to subside. For this reason, it is recommended that when you start Gepan, it is instilled every week for 4-6 weeks. After that, the GAG-layer repairs last around four weeks, which is why the recommended dose is once a month.

Of course, everyone is different, so your doctor or nurse may change the regime.

Once Gepan is in your bladder, you have to hold it there for as long as possible, but at least half an hour.



## How do I use Gepan?

Bladder instillation has been traditionally carried out by a doctor or nurse in a clinic, but nowadays most patients can do it themselves if they want.

You simply need to insert a catheter to your urethra, which is a straightforward procedure that many people are taught for a variety of conditions as well as chronic cystitis. The tip of the Gepan syringe connects directly to the catheter, and the non-viscous liquid flows easily from the syringe into your bladder.

This positive step means you can use Gepan in the comfort of your own home at a convenient time.

Your hospital specialists will still track your progress with follow-up appointments, but you don't have to find time to attend a clinic every month. Some hospitals offer telephone appointments and support.

Your GP may also be able to write a prescription for you to take to your local pharmacy to save you travelling to the hospital to collect Gepan.

Gepan is designed to make it easy for you to feel free – free from pain, discomfort and the constant need to be near a loo...and free to enjoy your life.