



## Heparin bladder instillation

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**Abstract:** Heparin bladder instillation is a treatment to help with interstitial cystitis (also known as painful bladder syndrome). This pamphlet explains how this treatment is done, how to get ready for your appointment, what happens during your appointment, and possible risks. Tips to ease discomfort are provided. How to spot if you have an infection and what to do are listed.

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