

Gepan[®] instill

Patient guide



For a
colourful
life



Dear Reader,

Do you suffer from a strong urge to urinate that you cannot suppress? Do you have to make very frequent visits to the toilet – including several times during the night? Do you have severe persistent pain in your lower abdomen? Do you feel that this seriously impairs your quality of life?

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

What are chronic forms of cystitis?

Our bladder is lined with a protective layer known as the glycosaminoglycan layer (GAG-layer for short). In chronic forms of cystitis, this layer is frequently damaged. This means that it becomes pervious to irritant substances in the urine. The bladder is permanently irritated which results in distressing symptoms such as:

- **A strong urge to urinate,**
- **Frequent urination,**
- **Persistent pain**

The condition has a highly negative impact on the quality of life of those affected.

Doctors make a distinction between the following conditions:

- Interstitial cystitis (IC)
- Overactive bladder syndrome (OAB)
- Radiation cystitis
- Chronically-recurring cystitis

What is the treatment for chronic forms of cystitis?

There are many different ways to treat chronic forms of cystitis. However, these can sometimes take a long time and, sadly, they are not always successful. In recent years, treatment with **Gepan® instill** has proved particularly promising.

What is Gepan® instill?

Gepan® instill contains chondroitin sulphate – a natural component of the protective layer of the bladder (GAG-layer). **Gepan® instill** is a pH-neutral sterile solution which is instilled into the bladder. **Gepan® instill** is available as a prefilled syringe, which makes it particularly easy to use.



How does Gepan[®] instill work?

Because it is instilled into the bladder, **Gepan[®] instill** works just where it is needed.

Gepan[®] instill is specifically formulated to line the damaged parts of the bladder – like a kind of liquid band-aid on a wound – and the protective layer is temporarily restored. Irritant substances in the urine can no longer penetrate into the deeper-lying tissue and irritate the bladder. Symptoms are relieved and quality of life restored.

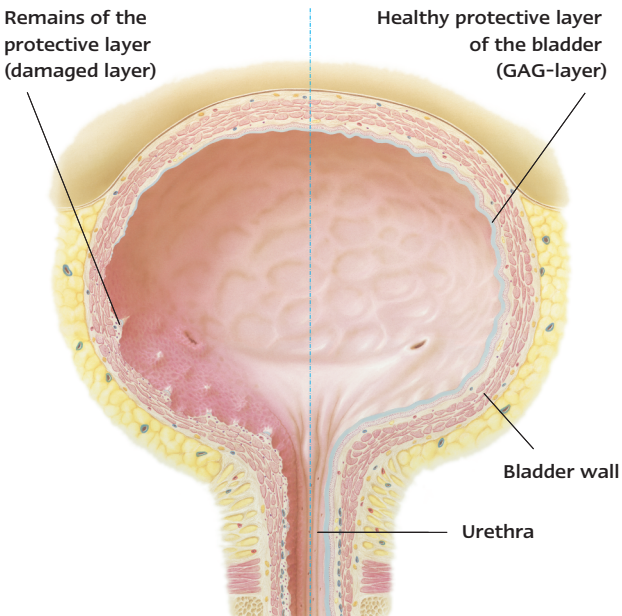
The human bladder

Damaged bladder

Remains of the protective layer (damaged layer)

Healthy bladder

Healthy protective layer of the bladder (GAG-layer)



How is Gepan[®] instill used?

The *ready-to-use* solution is instilled into the bladder with the aid of a catheter. **Gepan[®] instill** should be retained in the bladder as long as possible but for at least half an hour.

The frequency of use and duration of treatment with **Gepan[®] instill** depend on the intensity and development of the symptoms. At the start of treatment, 4 to 6 instillations at weekly intervals have proved successful. Therapy can then be adjusted to one instillation per month. **Gepan[®] instill** is generally very well tolerated and there are no known side effects

Treatment regimen

Start of treatment



Depending on severity, one instillation per week for 4-6 weeks

Maintenance treatment



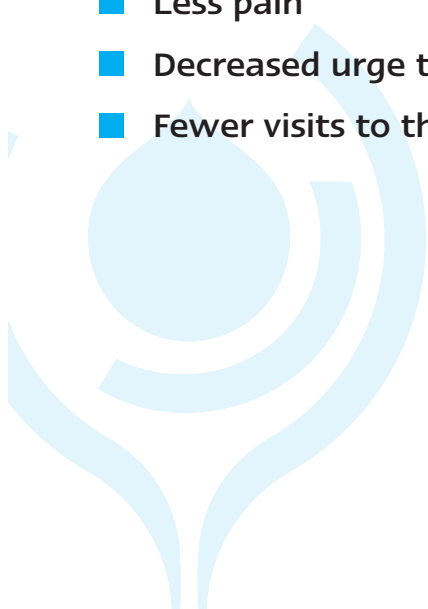
One instillation per month

What experience has been obtained with Gepan® instill?

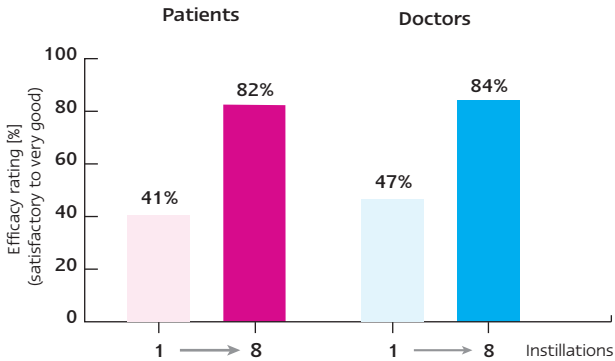
Gepan® instill has been used successfully in clinical practice for many years to treat chronic forms of cystitis and is the product most frequently prescribed for GAG-replenishment therapy in Europe. In addition, a high degree of efficacy and tolerability has been demonstrated in clinical studies, e.g. in the largest international post-marketing surveillance study to date performed on almost 300 patients.

It is important to emphasize the marked improvements in all symptoms that were evident from the first treatment with **Gepan® instill** and continued over the study period. For the patients this means:

- **Less pain**
- **Decreased urge to urinate**
- **Fewer visits to the toilet**



High patient and doctor satisfaction with therapy



The overall result of the study was unequivocal: 82% of patients and 84% of doctors rated the treatment with **Gepan[®] instill** as positive.

Gepan[®] instill improves quality of life by bringing about noticeable relief from symptoms.

Is therapy with **Gepan[®] instill** suitable for me?

Only your doctor and you can decide together whether therapy with **Gepan[®] instill** is suitable for you. Please ask your doctor about treatment with **Gepan[®] instill**.

Further information is available at:
www.gepan-instill.com

Gepan[®] instill

The solution for chronic forms of cystitis

- Rapid improvement in symptoms
- Very good tolerability
- High treatment satisfaction

Brochure provided by:

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