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FEASIBILITY STUDY OF INTRA-VESICAL GENTAMICIN IN THE PREVENTION OF RECURRENT URINARY TRACT INFECTIONS IN PEOPLE WITH SPINAL CORD INJURY (FIGS)

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Following spinal cord injury (SCI), neurogenic lower urinary tract dysfunction can occur, often requiring catheterisation techniques to empty the bladder. Catheterisation can lead to increased risk of recurrent urinary tract infections (UTI) requiring treatment with oral or IV antibiotics. Intravesical gentamicin does not cross the urothelium so may be associated with reduced side effects compared to IV or oral antibiotics. The aim of this feasibility study was to investigate the tolerability and efficacy of intravesical gentamicin in preventing recurrent UTI in a patient cohort with SCI. This study was approved by the Drugs & Therapeutic Committee (DTC). 21 patients with SCI who experienced 3 or more UTIs per year were recruited. Major exclusion criteria included allergy or known resistance to gentamicin, and pregnancy. Baseline urine culture, perianal swab, bladder/bowel and quality of life questionnaires and UTI history were collected. Patients were given education on instillation of gentamicin and were requested to perform it at least 3 times per week for a 12 weeks. Further assessments at 4, 8 and 12 weeks were performed. Patients recorded episodes of UTI including symptoms and treatment. Gentamicin blood levels were measured after the first week of instillations and at follow up visits. A questionnaire regarding acceptability of intervention was completed at 12 weeks. 21 patients (12 male and 9 female) have been recruited. The average age was 49.8 years (range 32-80 years). 4 reported up to 3 UTI/year, 3 had 3-6 UTI/year and 10 had greater than 6 UTI/year. An interim analysis showed that 7/10 participants reported no infections during the 12 week study. The interim analysis of the data from the feasibility study shows promising results with 70% of patients reporting no symptomatic infections during the 12 week study period and a reduced infection rate in those that did experience UTI.