

WOMEN'S CLINIC, LTD.

KCL Challenge

The KCL challenge is a procedure used to help diagnosis if a patient may have Interstitial Cystitis (IC). A pediatric size catheter is used with this procedure.

Two weeks prior to your appointment you will be asked to discontinue any anticholinergics such as: Oxytrol, Detrol, Ditropan, and Sanctura. 48 hours prior to your appointment you should stop taking any medications such as Pyridium, Urostat or Uroblu.

At the time of your appointment you will be asked for your weight and blood pressure, review your medications and ask for a voided urine specimen. Please do not void prior to your appointment. You will be asked to change from the waist down and to sit on the exam table. You will be asked several questions pertaining to the procedure such as pain and urgency levels and if you have an allergies, etc.

Your nurse will check the urine for any signs of infection. If there is an infection the procedure will need to be rescheduled. Your urethra will be cleansed with Hibiclens and a pediatric catheter will be inserted. Your bladder will be drained of any remaining urine. A series of solutions will be instilled into your bladder via the catheter and you be requested to assess the degree of change in the level of your urgency or pain with each instillation. Each solution will be drained from your bladder via the same pediatric catheter and the following solution instilled.

The procedure takes approximately ½ hour. Any questions please call 610-374-2214.