

Interstitial Cystitis

What is Interstitial Cystitis?

Interstitial cystitis is a chronic bladder condition. Though the exact cause is unknown, we do know that the bladder lining is inflamed and irritated. While there's no known cure, most people can achieve symptom control using a combination of diet and medication.

What are the Symptoms?

Common symptoms include an urgent need to urinate, frequent urination, waking up at night to urinate, pelvic pain, pressure or tenderness of the bladder and urethra, and painful intercourse. Symptoms can flare based on what you eat and drink, seasonal allergies, and stress level.

Treatment Options

● Medications to decrease bladder inflammation

- Elmiron: a by-mouth medication that is taken twice daily on an empty stomach. Possible side effects may include upset stomach, thinning hair, and liver effects. These side effects are reversed with stopping the medication. While on this medication, we'll perform regular blood checks for any liver effects from the medication. Because Elmiron can thin the blood a little bit, it is recommended that you stop taking it two weeks before surgeries. Elmiron may take three to six months to see benefits.
- Rescue Solutions: Medication placed directly into your bladder once weekly for nine weeks are called Rescue Solutions. Most patients notice improvement in symptoms within 4-5 weeks. Booster treatments can be administered as needed for flare ups.

● Medications to help symptoms

- Uroblue, UTA, Prosed, Urispas: these medications can be taken as needed to help soothe and stop bladder spasms. They turn the urine blue or green.
- Elavil (Amitriptyline): In the antidepressant family, Elavil, is often used in low doses to decrease pain. It may cause

drowsiness, so most patients prefer to take it at night. It is most effective if taken every day.

- Atarax (Hydroxyzine): An antihistamine can help reduce symptoms that may occur with seasonal allergies. It can cause drowsiness, so most patients prefer to take it at night

● Interstitial Cystitis Diet

- Certain foods and beverages are bladder irritants and can cause an increase in your symptoms. Modifying your diet can help control the symptoms.
 - Drink plenty of water
 - Avoid caffeine, acidic products (sodas, coffee, tomatoes, citrus), spicy foods, alcohol, and cigarettes.
 - An over-the-counter acid-reducer called Preief can sometimes help reduce irritation from acidic meals
- Become familiar with the foods that increase your symptoms and avoid them. An online cook book is available at: www.ic-network.com/icchef/

● Comfort measures

- Warm baths and a heating pad can help with pain and spasms. Endofemm is a very nice custom heating pad (www.dabloenterprises.com/products).

● Pelvic Floor Physical Therapy

- Pelvic floor muscle spasms can cause pelvic pain and painful intercourse. The best course of treatment for this type of pain is physical therapy. We are fortunate to have several women's health physical therapists that specialize in pelvic floor problems in our network.

● Community Support

- www.ic-network.com
- www.ichelp.org
- www.allaboutic.com

Questions?

Contact the Center for Pelvic Health
4601 Carothers Parkway Ste 350
Franklin, TN 37067
www.centerforpelvichealth.com
Phone : 615-284-4664 Fax: 615-284-4668



Center for
Pelvic Health

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