

# Interstitial Cystitis



A painful, sterile disorder of the urinary bladder that disrupts daily life by interrupting social and family relations and employment.

## Signs and symptoms:

- Urinary urgency and frequency
- Chronic Pelvic Pain
- Bladder spasms
- Dyspareunia
- Dysuria

## Etiology:

- Bladder wall defects
- Autoimmunity
- Neurogenic Inflammation and Nerve Fiber Proliferation
- Antiproliferation Proteins
- Infection

## Differential Diagnoses:

- UTI
- STI
- Overactive Bladder
- Chronic Pelvic Pain
- Vaginitis
- Endometriosis
- Neuropathic Bladder Dysfunction
- Neoplasm/Bladder Cancer/Tumors of Urologic and GI tract

## Diagnostic Criteria:

- Presence of urgency or frequency or pelvic/perineal pelvic pain or bladder pain
- Presence of glomerulations or ulcers on cystoscopic exam with hydrodistention
- Negative urine culture
- Absence of GU infection
- Absence of neoplastic disease or benign bladder tumor
- Absence of history of radiation, TB or chemical cystitis

## Diagnostic Testing:

- History and physical
- UA, c&s
- Symptom survey
- Potassium Sensitivity Test
- Anesthetic Bladder Challenge
- Cystoscopy with Hydrodistention

## Patient Education:

- Smoking cessation
- Exercise
- Relaxation Techniques
- TENS
- Bladder Training
- Support Groups
- Chronic Disease without a cure
- Certain food and drinks may aggravate symptoms

## Treatment:

- Pentosan polysulfate (Elmiron)
- Analgesics and narcotics
- Antihistamines
- Antidepressants
- Anticholinergics
- Gabapentin
- Antibacterials
- DMSO
- Heparin
- Oxybutynin
- Multidrug cocktails

## Additional Information:

[www.UrologyHealth.org](http://www.UrologyHealth.org)

[www.theacpa.org](http://www.theacpa.org)

[www.augs.org](http://www.augs.org)

[www.ichelp.org](http://www.ichelp.org)

