



Las Vegas Urogynecology

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INTERSTITIAL CYSTITIS (IC)

IC is known as the "Painful Bladder Syndrome". It affects women of all ages. In general, it feels like a bladder infection (UTI) that never seems to go away. It is often misdiagnosed as a recurrent UTI. Patients often experience pain in the mid-lower pelvis and/or in the vaginal area. IN GENERAL, the pain is worse as the bladder becomes full. For some people it may be triggered by stress, certain foods (tomato-based foods, spicy foods, acidic foods, certain juices) and by sexual intercourse. Patients typically must urinate frequently to help reduce the pain. The symptoms often increase and decrease over time for no apparent reason.

There is no specific test which can definitively **diagnose** interstitial cystitis. Thorough discussion of history and symptoms are essential. Frequently, tests are needed to exclude other causes of symptoms.

Tests which might be considered include:

- Cystoscopy
- Urodynamic Testing
- Bladder and Kidney Imaging With Ultrasound and CT Scan
- Bladder Biopsy

There are many effective **treatments** for IC. Unfortunately, there is no standard treatment for everyone. Treatment becomes a process of trial and error to establish the treatment that will work specifically for you.

We have had tremendous success treating IC symptoms. Treatments may include:

- Dietary Adjustments
- Avoidance of certain feeds (see above for foods to avoid)
- Oral Medications
- Bladder Instillations (placing medication into the bladder)
- Biofeedback
- InterStim
- Urgent PC
- Physical Therapy

The following web sites may be helpful to obtain further information information on IC:

The IC Network:

<http://www.ic-network.com/>

Interstitial Cystitis Association:

<http://www.ichelp.org/>