

Daily management of Painful Bladder Syndrome/Interstitial Cystitis (PBS-IC)

If you have had pain, discomfort, pressure or other unpleasant sensations in the bladder region or pelvis, accompanied by other bladder symptoms such as urgency and/or frequency during the day and night lasting for more than 6 months, your doctor may have diagnosed you with Painful Bladder Syndrome/Interstitial Cystitis (PBS-IC).

Your doctor will need to perform some examinations to clearly identify the problem. Some may be unpleasant, but necessary. Your doctor will explain each procedure.

The following recommendations can help manage your condition

Your doctor should first focus on pain therapy, since this is the most disabling condition. Therapy may include **lifestyle management**, **oral therapy** and **intravesical treatments**.

Find support from others with the condition

Look for information and contact support groups that can help you understand your situation and learn how to make appropriate lifestyle changes to manage your symptoms.

Certain foods & beverages can exacerbate your bladder symptoms. It is recommended that you avoid:



Coffee, tea, chocolate, soda, alcohol (white wine, champagne), citrus, cranberry and pineapple juice



Acidic food
(citrus, tomatoes, pickles)



Fermented or high levels of tyrosine products (offal, cheese, certain cereals)



Spicy foods, hot peppers, seasoning
(mayonnaise, vinegar)



Additive/artificial sweeteners,
carbonated drinks

Stay adequately hydrated

1 to 1.5 litres per day is appropriate for most patients.

Avoiding fluid intake will not help your bladder disorder.

Your doctor can help you find the best strategy to cope with maintaining the correct fluid intake and the anxiety of not being able to locate a toilet in time.

Try to avoid constipation. Your doctor will recommend a **diet containing sufficient fibre in addition to drinking enough fluids.** Sometimes it will be necessary to add some mild laxatives that your doctor will prescribe for you.

Try to avoid situations which make you physically or emotionally exhausted, but don't forget to get sufficient physical exercise. Seek professional counselling to learn how to reduce stress and anxiety. Relaxation techniques, yoga & meditation may help.

It is very important for you to try **to maintain as normal a lifestyle as possible** and to develop new interests to replace those activities you feel no longer able to undertake due to your bladder disorder. **But remember: treatment will help you to resume your former lifestyle.**

Wear clothes that make you feel more comfortable, especially undergarments. Washing agents and softeners containing perfume can cause some irritation in your urogenital area.

If you are facing intimacy problems, **sex therapist counselling** can help you to deal with them.

Your doctor may offer you **bladder instillations,** which are a method of **replenishing** the lacking **natural substances** of the inner wall of your bladder. It is important to adhere to your treatment regimen to give it the best chance to resolve your bladder symptoms.



Remember:

- ▶ This is a chronic condition. If you have any questions, please consult your doctor.
- ▶ Your doctor will always recommend the most appropriate treatment for you. Adherence to your treatment regimen will ensure you get the maximum benefit from it.

REFERENCES: 1) Meijling JM., Interstitial Cystitis/Painful Bladder Syndrome: An overview of Diagnosis and Treatment (2013). IPBF, Publ n° 1:1-57. 2) Meijling JM., Interstitial Cystitis, Bladder Pain Syndrome_An overview of Diagnosis and Treatment (2014). IPBF, Publ n° 1-57 (March) _March_2014_1_57