IC Treatment Algorithm

- Instruct patient to call office if symptom flares occur at any time during treatment.
- Educate patient about IC.
- Discuss possible flare triggers (e.g., diet, stress, sexual intercourse).
- Counsel patient that symptom improvement is often gradual.
- Reemphasize that symptom improvement with PPS is often gradual.
- Continue treatment and reemphasize that symptom improvement with PPS is often gradual.
- Reevaluate patient's clinical situation and readjust.
- Monitor therapeutic response and patient compliance with therapy.
- Consider referral to an IC specialist.

IC Treatment Algorithm

- Intravesical treatments
  - Hydroxyzine
  - Stress reduction
  - Clinical response may require 3 to 6 months of continuous therapy.
- Of patients who continued treatment with PPS, some reported sustained pain relief for up to 3 years.6

2. Dell JR, Butrick CW. Interstitial cystitis/painful bladder syndrome: symptom recognition is key to early identification, treatment. 

The mechanism of action of ELMIRON® in interstitial cystitis is not fully understood. It is thought to adhere to the bladder mucosal lining, preventing potentially irritating solutes in the urine from reaching the bladder wall.

**Note:** ELMIRON® is a registered trademark of IVAX Research, Inc., under license to Ortho-McNeil-Janssen Pharmaceuticals, Inc. ELMIRON® is not FDA-approved for the treatment of IC. Adverse reactions: includes those that may be associated with a systemic reaction or at the treatment site. Adverse reactions are listed in decreasing order of frequency. The most common adverse reactions are scalp changes, such as alopecia, diminution of hair, or diffuse telogen effluvium. The majority of scalp changes are visualized by the patient as diminished density of hair. These changes are usually reversible when treatment is discontinued.

For more information, please refer to the full prescribing information.