

BLADDER PAIN SYNDROME OR INTERSTITIAL CYSTITIS(IC)

What is it?

This is an inflammation of the bladder wall of unknown cause and primarily affects women and is also known as bladder pain syndrome (BPS).

Symptoms may include:

- Urgency
- Frequency of urination – sometimes more than 60 times a day.
- Dysuria (burning and stinging during urination)
- Bladder pain –may intensify as bladder fills or empties
- Pelvic pain
- Blood in the urine
- Pain with intercourse

The severity of symptoms vary with each person can be very distressing, interfere with your sleeping, daily life and feeling of well being.

Causes:

The exact cause of IC/BPS is not known and there is ongoing research into the cause of this distressing condition. Some of the symptoms resemble those of a bacterial infection, but urine tests reveal no organisms in the urine. In a few cases IC has affected a mother and daughter or sisters but it does not commonly run in families.

How is IC/ BPS diagnosed?

Diagnosis is based on:

- presence of pain related to the bladder, usually associated with frequency and urgency
- absence of other diseases that could cause the symptoms

Diagnostic tests:

- midstream urine sent for culture and sensitivity to rule out bacterial growth
- Refill cystoscopy to examine the bladder walls. The bladder wall may become irritated and become scarred or stiff. Glomerulations (pinpoint bleeding caused by recurrent irritation) are usually seen on cystoscopy

Treatment:

- Drink adequate fluids, 6-8 glasses a day
- Limit caffeinated drinks to 1 per day
- Cranberry 10,000mg tablets, 1 a day (www.healthspan.co.uk)
- Acid free diet (included on page 2)
- Cimetidine or Hydroxyzine with or without Amitriptyline
- Bladder instillation
- Anticholinergics in small doses (can relax bladder muscle)
- Distension of the bladder under general anaesthesia
- Intravesical steroids
- Intravesical Botox injection
- Pentosan Polysulphate Sodium(Elmiron)-Not available with your GP currently

Your treatment may include all or a variety of these options. Your doctor will discuss this with you and determine the best combination to suit your individual symptom.

Acid free diet

- *alcoholic beverages
- apples
- apple juice
- rockmelon
- *carbonated beverages
- chilli and other spicy foods
- *citrus fruits
- coffee (may use decaf or kava)
- cranberries
- grapes
- peaches
- *pineapple
- plums
- *berries
- *tea
- herbal tea
- *tomatoes
- *vinegar and other condiments
- avocado
- banana
- *cheeses, particularly hard and soft brie-type cheeses
- chocolate (can use white chocolate)
- corned beef
- beans
- nuts
- prunes and raisins
- rye bread
- yogurt and sour cream
- *aspartame and saccharin
- *onions
- *pepper
- vitamins buffed with aspartame

Foods to be avoided by patients with IC/PBS.

Non-asterisk entries may be ingested in moderation only.

The acid restricted diet is most effective when 6 to 8 glasses water is drunk daily and the urine is alkalinised

An App called **ICN Food list** available in the App Store has a detailed interactive list.

Reference: Urogynaecology and Reconstructive Pelvic Surgery/Part V/Specific Conditions/p321