

## Your Bladder may be the source of your pain

Not all pelvic pain is GYN in nature.....It could be Interstitial Cystitis-IC (also called Painful Bladder syndrome-PBS)

You may have IC if you experience:

- \*Sudden urges to urinate
- \*Frequent trips to the Bathroom during the day or night
- \*Chronic pain in the bladder, pelvis, and/or lower abdominal area
- \*Frequent urinary tract infections
- \*Pain during sexual intercourse
- \*Pain approximately a week before menstruation

## Potassium Sensitivity Test (KCI Testing)

The purpose of this test helps confirm whether or not the pain you are experiencing is being caused by a problem that exists in the lining of your bladder. It is believed that IC occurs when the mucous layer that lines and protects the bladder wall is damaged. This allows irritating substances in the urine to aggravate and inflame the bladder wall.

## Help Manage Your IC symptoms

Dietary changes-Avoid spicy or acidic foods and beverages containing Caffeine and alcohol

Gentle Exercise-Walking, yoga, and low-impact aerobics may be beneficial

Stress reductions and relaxations techniques-Try controlled breathing exercises, warm baths with baking soda, and applying warm or cold compresses on the lower abdomen

Bladder training-Practice scheduled voiding patterns

Physical therapy-Gentle stretching and pelvic floor muscle-relaxation exercises

Instillations- Medication is instilled within the bladder to provide comfort

Elmiron-a prescription medication used to treat the pain and discomfort of Interstitial Cystitis