

INTERSTITIAL CYSTITIS

What is Interstitial Cystitis (IC) ?

IC is a bladder condition caused by chronic inflammation. It is not to be confused with common cystitis caused by bacteria. IC cannot be treated with antibiotics or cranberry juice. Cranberry juice can make your symptoms worse.

What are the symptoms of IC ?

- Going to the toilet to pass urine frequently
- Bladder pain which is often relieved by passing urine
- Unable to hold much urine
- Pain during intercourse

Who is affected by IC ?

Men, women, children. IC can occur in any age, race or sex. Though it mainly occurs in women.

What causes IC ?

Unfortunately nobody knows. It is thought that one of the layers of the bladder breaks down causing the symptoms of IC.

What treatment can be given ?

At present there is no cure but there are treatments available to help ease your symptoms. Such as:-

- Bladder distension
- Diet
- DMSO
- Elmiron
- Cimetidine

How can my diet help ?

Everyone is different. Certain foods might 'flare-up' symptoms. But what affects you might be alright for someone else. You can try and avoid the foods listed to see if your symptoms improve.

DIET SUGGESTIONS

AVOID - Citric acid, monosodium glutamate, aspartame, artificial colours and ingredients

AVOID - Apples, apricots, bananas, citrus fruits, cranberries, grapes, peaches, pineapples, plums, strawberries

TRY - melons and pears

AVOID - Aged cheeses, eggs, yoghurt, chocolate

TRY - white chocolate, milk, cottage cheese

AVOID - Onions, tofu, tomatoes, rhubarb, fava and lima beans

TRY - other veg, potatoes

AVOID - Rye, sourdough bread

TRY - other breads, pasta and rice

AVOID - Canned, cured, processed or smoked meat and fish. Anchovies, chicken livers, corned beef.

TRY - other poultry, fish and meat

AVOID - Most nuts

TRY - almonds, cashews and pine nuts

AVOID - Alcohol, carbonated drinks, coffee, teas, cranberry juice

TRY - decaffeinated drinks, herbal drinks

AVOID - Mayonnaise, spicy foods (such as indian/chinese/mexican/thai foods), vinegar, salad dressing

TRY - garlic and other seasonings

AVOID - Tobacco, caffeine, junk foods, cold medications containing pseudoephedrine

(This diet is recommended by the ICA America)

Why is it that i feel tired all the time ?

This could be due to the chronic pain caused by IC, this will make it harder to sleep well at night.

Are there any support groups ?

Yes.

There is a support group called the INTERSTITIAL CYSTITIS SUPPORT GROUP based in the UK :-

76 High Street, Stony Stratford, Bucks, MK11 1AH

website : www.interstitialcystitis.co.uk

**FOR OTHER TREATMENTS AND ADVICE PLEASE CONSULT YOUR
SPECIALIST NURSE ON
0151 708 9988 Ext 4319**

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