

<b>Interstitial Cystitis Treatment Overview</b> <b>Some commonly used treatments, many off-label, few evidence-based.</b>	
<b>Self Help</b> <ul style="list-style-type: none"> <li>- dietary modification (individual)</li> <li>- fluid management (balanced fluid intake)</li> <li>- stress reduction</li> <li>- pelvic floor relaxation</li> <li>- coping strategies</li> </ul>	
<b>Oral</b> (alphabetical order) <ul style="list-style-type: none"> <li>- alpha-blockers: tamsulosin, alfuzosin, teraxosin, doxazosin mesylate</li> <li>- analgesics</li> <li>- antibiotic regimes</li> <li>- anticonvulsants: gabapentin, pregabalin (used for neuropathic pain)</li> <li>- antihistamines: H1 antagonist: hydroxyzine; H2 antagonist: cimetidine, ranitidine</li> <li>- antispasmodics and anticholinergics/antimuscarinics (for urgency/frequency): fesoterodine fumarate, darifenacin, solifenacin, tolterodine, trospium, oxybutynin</li> <li>- calcium channel blockers: nifedipine (no history of hypotension)</li> <li>- chondroitin sulfate (GAG layer replacement)</li> <li>- corticosteroids (e.g. prednisolone)</li> <li>- disodium cromoglycate</li> <li>- doxycycline</li> <li>- hormones</li> <li>- hydroxychloroquine (antimalarial, used for systemic autoimmune diseases)</li> <li>- hyoscyamine (smooth muscle relaxant)</li> <li>- immunosuppressants: cyclosporine A</li> <li>- L-arginine</li> <li>- leukotriene receptor blocker: montelukast (patient with allergies, mast cells)</li> <li>- methotrexate</li> <li>- NSAIDS</li> <li>- opioids (intractable pain) ): morphine, fentanyl, oxycodone, hydromorphone</li> <li>- pentosan polysulfate sodium (GAG layer replacement)</li> <li>- phenazopyridine hydrochloride (urinary analgesic)</li> <li>- prostaglandins: misoprostol</li> <li>- quercetin</li> <li>- Selective Serotonin Reuptake Inhibitors (SSRIs)</li> <li>- sulphasalazine (aminosalicylate used for rheumatic and inflammatory bowel diseases)</li> <li>- suplatast tosilate (IPD, anti-allergy compound from Japan)</li> <li>- tricyclic antidepressants: amitriptyline, desipramine, nortriptyline, imipramine, doxepin</li> </ul>	
<b>Intravesical/Intramural</b> (alphabetical order) <ul style="list-style-type: none"> <li>- Bacillus Calmette-Guerin</li> <li>- Botulinum toxin-A (intramural injection)</li> <li>- Chondroitin sulfate (GAG layer replacement)</li> <li>- Corticosteroids (triamcinolone, hydrocortisone, prednisone)</li> <li>- DMSO</li> <li>- Heparin (GAG layer replacement)</li> <li>- Lidocaine (alkalized with sodium bicarbonate), bupivacaine (local anaesthetics)</li> <li>- Liposomes</li> <li>- Oxybutynin</li> <li>- Pentosan polysulfate sodium (GAG layer replacement)</li> <li>- Sodium hyaluronate, hyaluronan (GAG layer replacement)</li> <li>- Vanilloids (resiniferatoxin)</li> </ul> Cocktails may include: local anaesthetic, corticosteroids, antibiotic, sodium bicarbonate	
<b>Surgical</b> <ul style="list-style-type: none"> <li>- Augmentation (substitution) cystoplasty (selected patients only)</li> <li>- Diversion with or without cystectomy</li> <li>- Hydrodistension as therapy</li> <li>- Laser/electrofulguration or resection of Hunner's lesion if present</li> <li>- Sacral Nerve Neuromodulation</li> </ul>	
<b>Pain Clinic Referral</b> for intractable pain.	
<b>Other:</b> Hyperbaric Oxygen therapy (HBO)	