

## IC FLARE PROTOCOLS

Women suffering from IC may experience worsening of their symptoms (known as flares) which may be triggered by diet, stress, or other activities. Here are a few suggestions on how to treat these symptoms. Additional suggestions can be found on the internet at sites such as [www.ichelp.com](http://www.ichelp.com)

**PRELIEF** – is an over the counter medication available at most pharmacies. Prelief works to remove acid from highly acidic foods such as tomato sauce, orange juice, coffee, and wine. Prelief can be added directly to these foods and helps to reduce bladder pain and urinary urgency.

**BENEDRYL** (diphenhydramine) – is a common antihistamine that can help with some symptoms of IC, especially if these symptoms are triggered by seasonal allergies

**BAKING SODA** – dissolve half a teaspoon in a full glass of water and drink twice a day to help increase the pH of the urine (e.g. reduce acid)

**PYRIDIUM** (phenazopyridine) is an over the counter drug that acts as a local painkiller in the urinary tract can also be used for IC flare ups. It should only be used for two consecutive days.

**DRINK LOTS OF WATER DURING PERIODS OF A FLARE TO HELP DILUTE YOUR URINE!!**