

# INTERSTITIAL CYSTITIS

# TREATMENT GUIDELINES

These guidelines are from the American Urological Association (AUA) recommendations for IC treatment. Pelvic Physical Therapy is the only treatment given an evidence grade of "A". Your pelvic PT can teach you self-care techniques (1st Line) and help you navigate your medical options.

1

## FIRST LINE

Education about the condition

Self-care practices

Behavioral modifications

Stress management

2

## SECOND LINE

Pelvic floor physical therapy (A\*)

Pain management

Oral Medications

- Amitriptyline (B\*)
- Cimetidine (B\*)
- Hydroxyzine (C\*)
- Pentosane polysulfate (B\*)

Bladder instillations

- Lidocaine (B\*)
- Heparin (C\*)
- DMSO (C\*)
- "Bladder Cocktail" (combination of several medicines)

\*Evidence grade

3

## THIRD LINE

Low pressure bladder hydrodistension

Fulguration of Hunner's Lesions if present

4

## FOURTH LINE

Intra-bladder botox (BTX-A)

Neurostimulation trial

5

## FIFTH LINE

Cyclosporine A as an oral medication

6

## SIXTH LINE

Major surgery



## AVOID

Long-term antibiotics in the absence of a proven infection

Potassium-sensitivity test

Bacillus Calmette-Guerin (BCG) Instillations

Resiniferatoxin instillations

High pressure and long-duration hydrodistension

Long-term oral steroids

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*"There is a complex interaction between the bladder, pelvic floor and nervous system. All must be addressed for full and complete healing with IC. "*

Dr. Nicole Cozean  
Author of The IC Solution