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Bladder Instillation for Interstitial Cystitis

Post-Treatment Instructions for Patients

HOLDING THE SOLUTION

- Hold the medication in your bladder **as long as comfortably possible — ideally 30 to 60 minutes**.
- If you cannot hold it that long, urinate rather than be miserable. Some benefit still occurs.
- You do not need to collect or measure what comes out.
- Avoid drinking large amounts of fluid during the hold.

AFTER YOU VOID

- **Drink normally** for the rest of the day — do not over-restrict fluids.
- Resume all normal activity immediately; you may drive and return to work.
- A heating pad on the lower abdomen helps if you feel crampy.

WHAT IS NORMAL

- Increased urgency and frequency for a few hours
- Mild burning with urination for a day
- Small amounts of blood in the urine
- **A temporary flare of bladder pain, especially after the first treatment** — this often settles within 24 to 48 hours and does not mean the treatment is failing
- **If DMSO was used:** a garlic-like taste in your mouth and a similar odor on your breath and skin for up to 3 days. This is expected and harmless.

GETTING THE MOST FROM TREATMENT

- **Keep your weekly appointments** — the series works cumulatively.
- Avoid known bladder irritants: coffee, tea, alcohol, carbonated drinks, citrus, tomatoes, artificial sweeteners, and spicy food.
- Keep a symptom diary if you were given one — improvement is gradual and easy to miss otherwise.
- Continue any oral medications and pelvic floor therapy as directed.

Next appointment: _____ Treatment _____ of _____

CALL THE OFFICE IF YOU HAVE

Call 909.236.3333

- Fever over 101°F (by mouth) or shaking chills
- **Inability to urinate**
- Severe pain that does not settle within 48 hours
- Heavy bleeding or clots in the urine
- Cloudy, foul-smelling urine
- Rash, hives, swelling, or difficulty breathing — **seek emergency care for these**