

Appendix

Interstitial Cystitis/ Bladder Pain Syndrome Advice Checklist

1. Validate to the patient that they have IC/BPS []
2. Explain IC/BPS is a chronic disease requiring a long-term health-care plan []
3. Encourage water hydration []
4. Recommend a bowel program []
5. Explain dietary restrictions []
6. Discuss sexual therapy []
7. Explain stress reduction []
8. Discuss support resources []