Interstitial Cystitis/Bladder Pain Syndrome
Current Guidelines and Evidence Based Management

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Interstitial Cystitis/Bladder Pain Syndrome

Educational Objectives
At the end of the lecture, participants will be able to describe the following:

- Basic pathogenesis/mechanisms pertinent to diagnosis and treatment of interstitial cystitis/bladder pain syndrome (IC/BPS)
- Clinical features and symptoms of IC/BPS
- Current guidelines for diagnostic evaluation of IC/BPS
- Current guidelines for evidence based treatment of IC/BPS

Outline

1. Pathogenesis
   - Urothelial abnormality
   - Neurologic upregulation of pain sensation

2. Clinical Features
   - Symptoms
   - Coexisting conditions

3. Current Guidelines for Diagnostic Evaluation
   - Definition
   - Differential diagnosis
   - History and physical exam
   - Diagnostic Tests

4. Evidence Based Treatment – Stepwise Approach
   - First-line: Behavioral modification, avoidance of bladder irritants, bladder training
   - Second-line: Oral medications, physical therapy
   - Third-line: Hydrodistention, intravesical medications
   - Fourth-line: Botulinum toxin A and sacral neuromodulation

Select References