

Frustrated by pelvic pain?

If you're living with bladder pain and discomfort, you may have interstitial cystitis.

ELMIRON® may offer relief.



ELMIRON® 
(pentosan polysulfate sodium) 100 mg Capsules



If you're one of the millions suffering from chronic pelvic or bladder pain, the cause could be interstitial cystitis (IC), sometimes referred to as Painful Bladder Syndrome—a long-term, yet treatable bladder condition. If you find you do have IC, there's hope for relief.

ELMIRON® (pentosan polysulfate sodium) is the only oral medication that's been approved by the FDA for treating the bladder pain or discomfort of IC. It's available by prescription only, and it's helped many IC sufferers find relief.

Take the IC Self-Screener now.

For each question, please mark the score (0 to 4) that best describes how you feel. If your total score is 10 or higher, strongly consider taking these results to your doctor.

	0
1) How many times do you go to the bathroom during the day?	3–6
2a) How many times do you go to the bathroom at night?	0
2b) If you get up at night to go to the bathroom, does it bother you?	Never
3a) If you are sexually active, do you now or have you ever had pain or symptoms during or after sexual intercourse?	Never
3b) If you have pain, does it make you avoid sexual intercourse?	Never
4) Do you have pain associated with your bladder, pelvis or lower abdomen?	Never
5) Do you still feel the urge to urinate after you go to the bathroom?	Never
6a) If you have pain, is it usually:	
6b) Does it bother you?	Never
7a) If you feel the urge to urinate, is it usually:	
7b) Does this urge bother you?	Never

Only your doctor can provide an accurate evaluation of your symptoms. Your doctor may decide to perform a series of additional tests or procedures. If your doctor determines that you have IC, ask if ELMIRON® is right for you.

1	2	3	4	SCORE
7-10	11-14	15-19	20+	
1	2	3	4+	
Mildly	Moderately	Severely		
Occasionally	Usually	Always		
Occasionally	Usually	Always		
Occasionally	Usually	Always		
Occasionally	Usually	Always		
Mild	Moderate	Severe		
Occasionally	Usually	Always		
Mild	Moderate	Severe		
Occasionally	Usually	Always		
TOTAL SCORE				

Important Safety Information

ELMIRON® has been shown to be well tolerated. The most common side effects were blood in stool, diarrhea, nausea, hair loss, headache, rash, upset stomach, abdominal pain, liver function abnormalities, and dizziness. When side effects did occur, they were generally mild and usually did not interfere with continuing treatment. Hair loss, when it occurred, was almost always limited to a single area of the scalp, and grew back when ELMIRON® was discontinued. ELMIRON® is a weak anticoagulant (blood thinner) which may increase bleeding. Call your doctor if you will be undergoing surgery or will begin taking anticoagulant therapy such as warfarin, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the attached full Product Information.

Get the support you need to take on IC.

Studies show that patients who learn about their condition and become involved in their own care do better than those who do not. The ELMIRON® (pentosan polysulfate sodium) Web site, OrthoElmiron.com, is a great resource for information about IC, as well as helpful diet and lifestyle tips, a Symptom Journal and inspiring success stories. On the Web site, you can also sign up for free e-mails to learn more about IC and ELMIRON®, or join our **Journey to Relief™** e-mail support program, which offers additional advice and resources for new users of ELMIRON®.

More IC Resources & Organizations

- ▶ All About IC (allaboutIC.com)
- ▶ Woman's Health Foundation (rizvimd.com)
- ▶ Interstitial Cystitis Association (ichelp.com)
- ▶ Interstitial Cystitis Network (ic-network.com)
- ▶ National Kidney and Urologic Diseases Information Clearinghouse (kidney.niddk.nih.gov)



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