

Symptom Journal

Keeping a daily journal can be a big help to both you and your doctor. By recording your urination behavior, pain levels and food habits, you may better determine:

- When you tend to urinate
- When your pain tends to flare up
- What foods may increase your urination pain
- How you're progressing while taking ELMIRON[®]

Step 1:

Fill in the date.

Step 2:

Next to the appropriate time of day, write down the number of times you urinate.

Step 3:

Rate the level of pain you feel each time you urinate.

0 = no pain

1 = mild pain

2 = moderate pain

3 = severe pain

Step 4:

Write down what you had to eat.

(Remember - you may be able to eat foods that other IC patients can't tolerate and they may be able to tolerate foods that you can't.)

Step 5:

Compare your results from day to day - and bring this Symptom Journal to your doctor for his or her professional, medical assessment.

Date: 9/6/09

	Number of times urinated	Pain level	Foods eaten
6am-10am	3	2,2,2	Coffee, toast, eggs
10am-2pm	3	1,2,2	Hamburgers, fries, cola
2pm-6pm	1	1	Coffee
6pm-10pm	2	1,1	Fish, broccoli, rice, lemon-lime soda, cake
10pm-6am	6	2,1,1,1,2,1	

Date: _____

	Number of times urinated	Pain level	Foods eaten
6am-10am			
10am-2pm			
2pm-6pm			
6pm-10pm			
10pm-6am			

Pain level: 0 1-Mild 2-Moderate 3-Severe

Date: _____

	Number of times urinated	Pain level	Foods eaten
6am-10am			
10am-2pm			
2pm-6pm			
6pm-10pm			
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10pm-6am			

Pain level: 0 1-Mild 2-Moderate 3-Severe

ELMIRON[®] is indicated for the relief of bladder pain or the discomfort associated with interstitial cystitis.

This product is available by prescription only.

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.

Please see the accompanying full Product Information.

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.