

What is ELMIRON[®] (pentosan polysulfate sodium)?

ELMIRON[®] is a prescription medication used to treat the bladder pain or discomfort associated with interstitial cystitis (IC). It is not known exactly how ELMIRON[®] works, but it is not a pain medication like aspirin or acetaminophen and therefore must be taken continuously for relief as prescribed by your doctor.

Important Safety Information

What is the most important information I should know about ELMIRON[®] (pentosan polysulfate sodium) Capsules?

You must take ELMIRON[®] as prescribed by your doctor in the dosage prescribed but no more frequently than prescribed. 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 sodium, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen.

Who should not take ELMIRON[®]?

- Patients undergoing surgery should speak with their doctor about when to discontinue ELMIRON[®] prior to surgery.
- ELMIRON[®] should be used during pregnancy only if clearly needed.

What does your doctor need to know?

- If you are taking anticoagulant therapy such as warfarin sodium, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen.
- If you are pregnant.
- If you have any liver problems.

What should I avoid while taking ELMIRON[®]?

Anticoagulant therapy such as warfarin sodium, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen until you speak with your doctor.

What are the most common side effects of ELMIRON[®]?

The most common side effects are hair loss, diarrhea, nausea, blood in the stool, headache, rash, upset stomach, abnormal liver function tests, dizziness, and bruising. Weight gain and swelling caused by fluid buildup in the body have also been reported in patients taking ELMIRON[®]. Call your doctor if these side effects persist or are bothersome or if there is blood in your stool or if you have any other side effect that bothers you or that does not go away.

You are also encouraged to report side effects to the FDA: visit <http://www.fda.gov/medwatch> or call 1-800-FDA-1088. You may also report side effects to Janssen Pharmaceuticals, Inc., at 1-800-JANSSEN (1-800-526-7736).

Please see full Prescribing Information and read the Patient Leaflet.

Symptom Journal

ELMIRON[®]
(pentosan polysulfate sodium) 100 mg
Capsules 

Keeping a daily journal can be a big help to both you and your doctor. By recording your urination pattern, 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[®] (pentosan polysulfate sodium)

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.

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: 1/15/14 _____

	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-No Pain 1-Mild 2-Moderate 3-Severe

Date: _____

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

Date: _____

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

Pain level: 0-No Pain 1-Mild 2-Moderate 3-Severe

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