ELMIRON® (pentosan polysulfate sodium) is indicated for the relief of bladder pain or discomfort associated with interstitial cystitis.

Select Important Safety Considerations
ELMIRON® is a weak blood thinner which may increase bleeding; tell your doctor if you will be undergoing surgery or if you are taking anticoagulant therapy.

Please see Important Safety Information on page 8 of this brochure and full Prescribing Information for ELMIRON®.
What is IC?
Interstitial cystitis (IC) is a condition associated with pain or discomfort in the bladder or pelvic area that keeps coming back. Although men can develop IC, it is more common in women.

What are the symptoms of IC?
Everyone experiences IC differently. Sometimes a person’s IC symptoms can change over time. Symptoms of IC may include:
• Pelvic or abdominal pain
• Frequent urination
• Urge to urinate even after emptying the bladder
• Pain or discomfort during or after sex
• Waking up at night to urinate
Some people with IC find urinating painful, which feels similar to a urinary tract infection. With testing, your doctor can tell the difference.

How can I tell if I have IC?
Only your doctor can diagnose IC. Working with you to get the right diagnosis, your doctor will review your medical history, consider your symptoms, conduct a physical examination, and possibly perform additional tests.

Select Important Safety Information
• ELMIRON® (pentosan polysulfate sodium) should not be taken if you have a known hypersensitivity to the drug or similar drugs.
What is ELMIRON®?
ELMIRON® (pentosan polysulfate sodium) is the only oral prescription medication approved by the FDA to treat bladder pain or discomfort associated with IC. ELMIRON® is not a pain medication like aspirin or acetaminophen and, therefore, must be taken continuously as prescribed by your doctor for relief.

How is ELMIRON® thought to relieve bladder pain?
Some experts believe that in IC, a damaged bladder lining lets irritating substances in the urine aggravate the bladder wall. While the exact way ELMIRON® works is not fully understood, it’s believed to adhere to the bladder lining so it can be protective again.

Will ELMIRON® work for me?
ELMIRON® has helped many people with IC, so it may help you. Studies show that ELMIRON® relieves bladder pain in many patients after 3 months. Symptom improvement can be gradual, so continue to take ELMIRON® for the entire length of time your doctor has prescribed it.

Use the IC Symptom Questionnaire* at the back of this brochure to record and track your symptoms of pain, urgency, or frequency, and share the results with your doctor at your next visit. Let your doctor know if you don’t feel any relief within 6 months.

Select Important Safety Information
• ELMIRON® is a weak blood thinner (anticoagulant) which may increase bleeding. Call your doctor if you will be undergoing surgery or if you are taking or will begin taking anticoagulant therapy such as warfarin sodium, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen.

*Also known as the Pelvic Pain, Urgency, and Frequency (PUF) Questionnaire. © 2002. C. Lowell Parsons, MD.
What else should I know about managing IC?

Besides treatment with ELMIRON® (pentosan polysulfate sodium), your doctor may advise lifestyle adjustments to help you manage the symptoms of IC such as

- Avoiding certain foods and drinks known to be bladder irritants
  - See page 9 of this brochure for The IC-Smart Diet Card, a tear-out guide to eating right with IC
- Bladder training to help you wait longer between bathroom breaks
- Light exercise (such as yoga, walking, and low-impact aerobics)

It’s important that you follow your doctor’s recommendations every step of the way and follow up with your doctor about your progress.

Where can I get more support?

OrthoElmiron.com is your online source for

- Information about IC
- Helpful diet and lifestyle tips
- ELMIRON® Symptom Journal to help you recognize symptom patterns and triggers
- ELMIRON® EarlyAssist™, a cost-saving program
- Journey to Relief®, an e-mail program to support people new to ELMIRON®

If you need more information about IC, visit one of these helpful websites

- Interstitial Cystitis Association (ichelp.com)
- National Institute of Diabetes and Digestive and Kidney Diseases (niddk.nih.gov)
- IC Network (ic-network.org)

Select Important Safety Information

- Tell your doctor:
  - 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 or plan on becoming pregnant.
  - If you have any liver problems.

Please see Important Safety Information on page 8 of this brochure and full Prescribing Information for ELMIRON®.
Important Safety Information

- ELMIRON® (pentosan polysulfate sodium) should not be taken if you have a known hypersensitivity to the drug or similar drugs.
- ELMIRON® is a weak blood thinner (anticoagulant) which may increase bleeding. Call your doctor if you will be undergoing surgery or if you are taking or will begin taking anticoagulant therapy such as warfarin sodium, heparin, high doses of aspirin, or anti-inflammatory drugs such as ibuprofen.
- Tell your doctor:
  - If you are pregnant or plan on becoming pregnant.
  - If you have any liver problems.
- 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.
  - Hair loss, when it occurred, was almost always limited to a single area of the scalp.

Tell your doctor about any side effect that bothers you or does not go away. 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 full Prescribing Information for ELMIRON®.

Please read the ELMIRON® Patient leaflet and discuss it with your doctor.

THE IC-SMART DIET CARD*

FRUITS
**IC FRIENDLY:** Bananas; blueberries; honeydew melons; watermelons; raisins; Gala, Fuji, and Pink Lady apples; pumpkins; and pears
**AVOID:** Grapefruit, lemons, oranges, pineapples, kiwis, sour or tart apples (Granny Smith), nectarines, tart or bitter grapes, cranberries, sour strawberries in large quantities, and sour cherries

VEGETABLES
**IC FRIENDLY:** Potatoes, sweet potatoes/yams, most beans, bell peppers, broccoli, carrots, asparagus, cauliflower, celery, lettuce, mushrooms, peas, radishes, squash, and zucchini
**AVOID:** Raw onions, hot chili peppers, pickles, sauerkraut, tomato products, edamame, and roasted soybeans

MILK/DAIRY
**IC FRIENDLY:** Milk; and American, cottage, mozzarella, mild cheddar, feta, ricotta, and string cheeses
**AVOID:** Yogurt (lemon, lime, orange, chocolate, mocha, or artificial sugars), processed and heavily spiced cheeses, and chocolate ice cream

CARBOHYDRATES/GRAINS
**IC FRIENDLY:** Wheat, rice, and corn pastas; quinoa, oats, buckwheat, matzo, polenta, grits, couscous, millet, spelt, and breads (except those listed below)
**AVOID:** Heavily processed or fortified breads and pastas; heavily preserved, sweetened, flavored and chocolate cereals; and soy flour

MEATS/FISH
**IC FRIENDLY:** Chicken, turkey, beef, pork, lamb, shrimp, tuna, salmon, and deli meats (gluten- and color-free)
**AVOID:** Aged, canned, cured, processed, prepackaged, or smoked meats/fish; and deli meats (heavily spiced, salted, or flavored; ie, salami)

BEVERAGES
**IC FRIENDLY:** Water; whole, low-fat, nonfat, lactose-free, rice, goat, and almond milk; blueberry and pear juice; vanilla, coconut, and caramel milk shakes; and chamomile, peppermint, and herbal teas
**AVOID:** Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; citrus (grapefruit, orange), tomato, acai, and cranberry juices; and chocolate, coffee, and mocha milk shakes

*This is not an all-inclusive list of foods and beverages that are IC friendly or that should be avoided.
NUTS/OILS
**IC FRIENDLY:** Almonds, cashews, peanuts, and most oils
**AVOID:** Filberts, hazelnuts, pecans, and pistachios

SEASONINGS
**IC FRIENDLY:** Garlic and other seasonings (except those listed below)
**AVOID:** Ketchup, spicy mustard, miso, soy sauce, vinegar, cayenne, hot curry powder, horseradish, and spicy foods (especially Mexican, Indian, and Thai foods)

FOOD ADDITIVES
**AVOID:** Ascorbic acid; monosodium glutamate (MSG); aspartame (NutraSweet®†); saccharin; and foods containing preservatives, artificial ingredients/colors

DINING OUT THE IC-SMART WAY

**Plan ahead**
Before making plans to eat at a restaurant, it’s a good idea to check online or call ahead to ask about the menu. This will enable you to enjoy your meal and feel good afterward, too!

**When ordering your meal**
- **Ask questions**
  - Ask your waiter what spices are used in particular dishes
  - If you are unsure of an ingredient, ask what it is
- **Modify your selection**
  - It’s your meal—don’t be afraid to specify how you would like it prepared
  - When ordering a salad, tell the waiter no onions
  - Substitute a plain baked potato for a spicy rice combination
  - Ask for salad dressings and other possible “trigger” items to be served “on the side”
- **Be careful with spicy foods**
  - Pay attention to the type of cuisine you eat. Different cuisines may contain spices that you may be unfamiliar with
- **Know your “IC-Smart” menu choices**
  - Most restaurants offer plain (not marinated) steak and chicken
  - Some chain restaurant foods may contain preservatives

† NutraSweet is a registered trademark of NutraSweet Property Holdings, Inc.

The IC-Smart Diet Card
Changes in diet may help control IC symptoms and avoid IC flare-ups. Typically, avoiding foods known to be common bladder irritants, such as coffee or citrus products, is a good idea.

The helpful guide on the previous 2 pages can help you make “IC-Smart” meal choices. Keep it handy for easy reference when dining out or when preparing meals at home. It should fit in your wallet if you simply tear along the perforations and fold as shown below.

Please see Important Safety Information on page 8 of this brochure and full Prescribing Information for ELMIRON®.
IC SYMPTOM QUESTIONNAIRE

This questionnaire may help you and your doctor monitor your interstitial cystitis (IC) symptoms.

INSTRUCTIONS

For each question below, please circle the answer that best describes how you feel. Then, mark your score (the blue numbers, 0 to 4) for each answer in the column on the right. When you are finished, add up the numbers in this column for your total score.

<table>
<thead>
<tr>
<th>Start of Therapy</th>
<th>Month 1 Score</th>
<th>Month 3 Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Today's date: ____________________</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. How many times do you go to the bathroom during the day?
   0 1 2 3 4
   3-6 7-10 11-14 15-19 20+

2a. How many times do you go to the bathroom at night?
   0 1 2 3 4
   0 1 2 3 4+

2b. If you get up at night to go to the bathroom, does it bother you?
   0 1 2 3
   Never Mildly Moderately Severely

3. Are you currently sexually active?
   Yes _________ No _________

4a. If you are sexually active, do you now or have you ever had pain or symptoms during or after sexual intercourse?
   0 1 2 3
   Never Occasionally Usually Always

4b. If you have pain, does it make you avoid sexual intercourse?
   0 1 2 3
   Never Occasionally Usually Always

5. Do you have pain associated with your bladder or in your pelvis (vagina, lower abdomen, urethra, perineum, testes, or scrotum)?
   If you do not have pain, please skip questions 6a and 6b.
   0 1 2 3
   Never Occasionally Usually Always

6a. If you have pain, is it usually...
   0 1 2 3
   No Pain Mild Moderate Severe

6b. Does your pain bother you?
   0 1 2 3
   Never Occasionally Usually Always

7. Do you have urgency after going to the bathroom?
   If you do not have urgency, please skip questions 8a and 8b.
   0 1 2 3
   Never Occasionally Usually Always

8a. If you have urgency, is it usually...
   0 1 2 3
   No urgency Mild Moderate Severe

8b. Does your urgency bother you?
   0 1 2 3
   Never Occasionally Usually Always

Total Score

Once you have completed this tear-off questionnaire, please share the results with your doctor.

This is a modified version of the pelvic pain, urgency, and frequency (PUF) scale in the following article: Parsons CL et al. Urology. 2002;60:573-578.
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