

Interstitial cystitis (IC) and ELMIRON® (pentosan polysulfate sodium) treatment

What is IC?

IC is a chronic, yet manageable, bladder condition, characterized by bladder or pelvic pain, pain during or after sexual intercourse, and urinary urgency and frequency.

How ELMIRON® may relieve IC pain

IC may be caused by a breakdown of the protective lining of the bladder, which may allow irritating substances in the urine to aggravate and inflame the bladder wall, resulting in pain.

While the precise way ELMIRON® works is not fully understood, ELMIRON® is thought to adhere to the bladder mucosal lining, preventing potentially irritating substances in the urine from reaching the bladder wall.

The ELMIRON® *EarlyAssist*™ Co-Pay Support Program

- Pay as little as \$5 per month—for up to 4 months of ELMIRON®
- Sign up at www.orthoelmiron.com

What is ELMIRON®?

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.

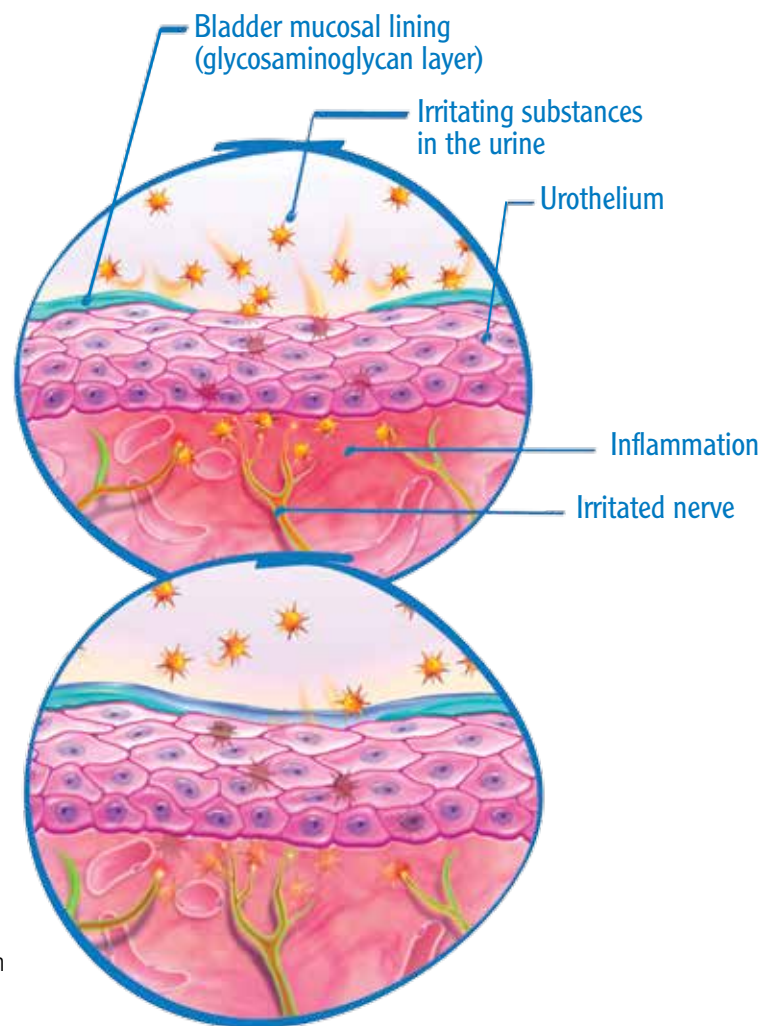
Important Safety Information

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

Please see full Product Information for ELMIRON® on www.orthoelmiron.com.



ELMIRON® 
(pentosan polysulfate sodium) 100 mg
Capsules

It is very important that you take ELMIRON® (pentosan polysulfate sodium) as directed and stick with it

Symptom improvement is generally gradual

- Symptom relief may take 3 to 6 months
- You should take 1 capsule of ELMIRON® by mouth 3 times a day, with water, at least 1 hour before or 2 hours after meals. Each capsule contains 100 mg of ELMIRON®
- You should continue to take ELMIRON® until otherwise instructed by your healthcare professional
- Do not stop taking ELMIRON® or reduce your dosage just because you are feeling better or because you think ELMIRON® may not be working right away. You should take ELMIRON® until otherwise instructed by your healthcare professional
- While taking ELMIRON®, avoid anticoagulant therapy, such as warfarin sodium, heparin, high doses of aspirin or high doses of anti-inflammatory drugs, such as ibuprofen, until speaking with your healthcare professional
- Schedule regular follow-up visits with your healthcare professional such as monthly visits for the first few months after starting ELMIRON®

Lifestyle modifications you can make to help manage symptoms

- Dietary modifications:** Avoid foods or beverages that may provoke symptoms (eg, coffee, tea, spicy foods, chocolate)
 - Stress reduction:** Try controlled breathing exercises, and applying warm or cold compresses on the lower abdomen
 - Physical therapy:** Gentle stretching and pelvic floor muscle-relaxation exercises
 - Gentle exercise:** Walking, yoga, and low-impact aerobics may be beneficial
 - Bladder training:** Practice scheduled voiding patterns
- Additional resources, such as IC-friendly diet tips, and stress and coping techniques, are available through the following:
 - **www.orthoelmiron.com:** A Janssen Pharmaceuticals, Inc., website offering information on IC and ELMIRON® to patients
 - **Journey to Relief®:** A free e-mail support program that provides you with great tips, resources, and money-saving offers
 - **Interstitial Cystitis Association (www.ichelp.org):** A national, nonprofit organization offering information and support to IC patients and their families

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Janssen Pharmaceuticals, Inc.

