

Trying to find relief from interstitial cystitis (IC) symptoms without a plan can feel like driving in an unfamiliar place without a map. It doesn't get much more frustrating. But now that you've started taking ELMIRON® (pentosan polysulfate sodium), you should be headed down the right path. And to help you stay on course and find relief, we've provided plenty of tips and directions in our *Journey to Relief*® newsletters.

The Road Ahead

Over the next few months, you'll receive a series of *Journey to Relief*® newsletters in your inbox. These helpful guides will provide you with educational resources, helpful hints, diet suggestions, and other lifestyle tips.

Fuel Yourself With Knowledge

Studies show that patients who learn about their condition and become involved in their own care do better than those who do not.¹ So be sure to read your newsletters, and try out the tips that fit into your lifestyle!

Stay Focused on Your Goal

Remember, finding relief from IC symptoms is going to take time, and unfortunately there are no shortcuts. Symptom improvement may be gradual and can take up to 3-6 months, so it's important that you stick with your doctor's prescribed instructions for taking ELMIRON® — and be patient.

Good Luck

Thanks for joining the *Journey to Relief*® program, and we wish you luck on your journey.



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.

WHAT IS THE MOST IMPORTANT INFORMATION I NEED TO KNOW ABOUT ELMIRON®?

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.

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 see [Full Product Information](#) for ELMIRON® .

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

If at any time you would like to stop receiving the *Journey to Relief*® e-newsletter, [click here](#) to unsubscribe.

Reference: 1. Greene J, Hibbard JH. Why does patient activation matter? An examination of the relationships between patient activation and health-related outcomes. *J Gen Intern Med.* 2012;27(5):520-526.

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