

The IC-Smart Diet

Many people with interstitial cystitis (IC) find that simple changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods high in acid and potassium, as well as beverages containing caffeine and alcohol, is a good idea. This helpful guide can help you make "IC-Smart" meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.



Fruits

Allowable:

Blueberries, melons (except cantaloupe) and pears



Avoid:

All other fruits and juices



Meats/Fish

Allowable: Poultry, fish and some meats (except those listed below)



Avoid: Aged, canned, cured, processed or smoked meats/fish; anchovies; caviar; chicken livers; corned beef; and meats that contain nitrates or nitrites



Nuts

Allowable:

Almonds, cashews and pine nuts



Avoid:

Most other nuts



Vegetables

Allowable:

Homegrown tomatoes and some vegetables (except those listed below)



Avoid: Store-bought tomatoes, onions, tofu, soybeans, lima beans and fava beans



Beverages

Allowable:

Bottled or spring water; decaffeinated, acid-free coffee or tea; some herbal teas; flat soda



Avoid: Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; and fruit juices, especially citrus and cranberry



Milk/Dairy

Allowable: Milk, American cheese, cottage cheese, frozen yogurt and white chocolate



Avoid: Yogurt, sour cream, aged cheeses and chocolate



Seasonings

Allowable:

Garlic and some other seasonings (except those listed below)



Avoid: Mayonnaise, miso, soy sauce, salad dressing, vinegar and spicy foods (especially Chinese, Mexican, Indian and Thai foods)



Carbohydrates/Grains

Allowable: Pasta, rice, potatoes and some breads (except those listed below)



Avoid:

Rye and sourdough breads



Preservatives

Avoid:

Benzol alcohol, citric acid, monosodium glutamate (MSG), aspartame (NutraSweet^{®*}), saccharin and foods containing preservatives, artificial ingredients/colors

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

Dining Out: The IC-Smart Way

Call ahead

Before making plans to eat at a restaurant, it's a good idea to call ahead and 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** tomatoes or 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 ethnic foods
 - Many ethnic foods 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 when sold in the grocery store

If you experience an IC flare-up

- Drink lots of water
 - This will help dilute the urine in your bladder
- Ask your waiter for one teaspoon of baking soda in a glass of water
 - This will help prevent acids in the urine from irritating the bladder

NOTE: Baking soda has high salt content, so patients with heart conditions, high blood pressure or other medical conditions affected by the intake of salt should consult their doctor first.

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

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 it 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 or high doses of aspirin; or anti-inflammatory drugs, such as ibuprofen.

Please see full Product Information available from your physician.



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