Flare treatments include: pyridium, baking soda/water combo (1 teaspoon in 8 ounces of water, 1-2 servings a day to de-acidify urine), and/or prelief tablets (available over the counter)

Recommend patients with pelvic pain referrals have initial evaluation by a gynecologist, who can refer to our office if clinically appropriate

Consider GI referral for constipation or poorly controlled bowel symptoms

Suggest a urology practice or MMP Pelvic Medicine for further evaluation

No known association between Painful bladder syndrome/Interstitial Cystitis and bladder cancer. If microscopy confirmed hematuria is present, refer to urology for hematuria workup.