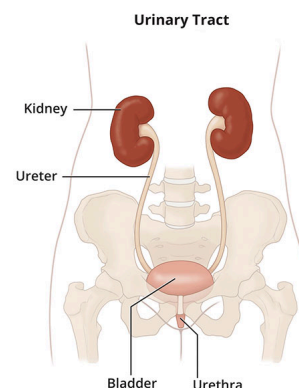


Interstitial Cystitis (Bladder Pain Syndrome)

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Definition & Facts

Interstitial cystitis (IC) is a chronic, or long-lasting, condition that causes painful urinary symptoms. Between 4 and 12 million people in the United States may have IC.



Symptoms & Causes

People with IC have discomfort, pressure, tenderness, or pain in the bladder, lower abdomen, and pelvic area. Symptoms vary among people, may come and go, and can change over time.

Diagnosis

Health care professionals diagnose IC by ruling out other conditions with similar symptoms. They will use your medical history, a physical exam, and lab and other tests to help diagnose IC.

Treatment

You may be able to treat your IC with lifestyle changes. Your health care professional may also recommend bladder training, physical therapy, medicines, bladder stretching, bladder instillation, or a combination of these treatments.

Eating, Diet, & Nutrition

Some research suggests diet may affect IC symptoms. Many people find that certain foods and drinks can make their IC symptoms worse, such as alcohol, citrus juices, chocolate, and tomatoes.

Clinical Trials

NIDDK conducts and supports clinical trials in many diseases and conditions, including urologic diseases. The trials look to find new ways to prevent, detect, or treat disease and improve quality of life.

The Urinary Tract & How It Works

The urinary tract is the body's drainage system for removing urine, which is composed of wastes and extra fluid. In order for normal urination to occur, all body parts in the urinary tract need to work together in the correct order.

Related Conditions & Diseases

Related Diagnostic Tests


- [Cystoscopy & Ureteroscopy](#)

Related Research

- [Bladder Control Problems \(Urinary Incontinence\)](#)

See more about [urologic diseases research at NIDDK](#).

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Definition & Facts

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