



Understanding Your Symptoms - Do you have bladder pain, frequent urination, or recurring infections?

You're not alone—and there are ways we can help.

☐ What Is Interstitial Cystitis (IC)?

Interstitial Cystitis (IC), also called Bladder Pain Syndrome, is a chronic condition that causes:

- Bladder pain or pressure
- Frequent urination
- Strong urge to urinate
- Discomfort in the pelvis, urethra, or lower back

Symptoms often last longer than 6 weeks and are not caused by infection.

☐ What Is a Recurrent UTI?

A urinary tract infection (UTI) happens when bacteria get into the bladder. Recurrent UTIs are:

- 2+ infections in 6 months or
- 3+ infections in a year

Symptoms may include:

- Burning with urination
- Frequent or urgent need to go
- Pressure or pain in the bladder
- Cloudy or foul-smelling urine that coincides with other symptoms

☐ How Do We Diagnose These Conditions?

We start with:

- ✓ A detailed history of your symptoms
- ✓ Urine tests to check for infection
- ✓ A voiding diary to track your habits
- ✓ Bladder or pelvic exams
- ✓ Sometimes a bladder scope (cystoscopy)

☐ How Are They Treated?

We create a plan that fits your body and lifestyle. Common treatments include:

For IC:

- Medications (e.g. anticholinergics, amitriptyline)
- Bladder instillations (healing meds placed directly in your bladder)
- Hydrodistension (gently stretching your bladder)
- Pelvic floor physical therapy
- Diet changes to avoid bladder irritants (like coffee, citrus, or spicy foods)





For Recurrent UTIs:

- Low-dose antibiotics (preventive use)
- Estrogen cream
- Supplements (like D-mannose or cranberry)
- Hygiene and bladder habits coaching

❑ What Can I Do at Home?

- Drink plenty of water
- Pee after sex
- Wipe front to back
- Avoid bladder irritants (caffeine, alcohol, spicy food)
- Don't hold your urine

❑ When Should I Call the Doctor?

☎ Call us if you have:

- Pain that keeps coming back
- 2+ infections in 6 months
- Blood in your urine
- Fever or back pain
- Symptoms that affect your daily life

For more information about Advanced Urology or Dr. Chirag Dave, please visit
www.advancedurology.com





Resources

Chirag Dave, MD

About Me

Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

We Value Your Feedback

If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit
www.advancedurology.com