

AMITRIPTYLINE (A) AND PENTOSAN POLYSULFATE SODIUM (PPS) THERAPY FOR NEW ONSET INTERSTITIAL CYSTITIS / PAINFUL BLADDER SYNDROME (IC / PBS)

Hypothesis / aims of study

Interstitial Cystitis and Painful Bladder Syndrome is a serious women's and men's healthcare concern with multiple treatment modalities. We relate our treatment experience for new onset IC / PBS with combined A & PPS oral therapy.

Study design, materials and methods

A retrospective review of patients who between October 2002 and March 2008 were newly diagnosed with IC / PBS through either through hydrodilatation or potassium sensitivity testing. We conducted pre and post treatment PUF scores and Pelvic Pain (PP) [assessed through a visual analogue scale (0-10)] scores were performed. Failure was defined as less than a 50 percent decrease in PUF and PP scores with at least one-year follow-up.

Results

Median age was 41± 11.6 years with a median follow-up of 49± 16.7 months. Success rate was 59 percent (171 / 288) with a median PUF score pre/post 18 / 7 and pre and post PP scale of 7 / 3 both were (p<0.01). Discontinuation for side effects was 21 percent (61 / 288) and for less than 50 percent improvement, 20 percent (56 / 288).

Interpretation of results

Coupled therapy with amitriptyline and pentosan polysulfate sodium may be an effective means of treating the initial onset of Interstitial Cystitis / Painful Bladder Syndrome with a median duration of therapy approaching 4 years. However, the combined drop out rate for side effects and non improvement of symptoms was 41 percent.

Concluding message

A prospective, double blind randomized trial for this combined therapy may be beneficial towards understanding medications most useful to implement with the new onset of IC/PBS.

<i>Specify source of funding or grant</i>	No Funding provided or requested
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	No
<i>This study did not require ethics committee approval because</i>	The Helsinki rules and regulations were followed
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes