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Jeong H J<sup>1</sup>, Rho J H<sup>2</sup>, Han D Y<sup>3</sup>

1. Departments of Urology, Wonkwang University School of Medicine, Iksan, Korea, 2. Department of Urology, Christian Hospital, Kwang Ju, Korea, 3. Departments of Urology, Wonkwang University School of Medicine, Iksan, Korea

## BLADDER PAIN SYNDROME TREATED WITH TRIPLE THERAPY WITH GABAPENTIN, AMITRIPTYLINE, AND A NONSTEROIDAL ANTI-INFLAMMATORY DRUG

### Hypothesis / aims of study

Bladder pain syndrome is a chronic disease that manifests as bladder pain, frequency, nocturia, and urgency. Gabapentin, amitriptyline, and nonsteroidal anti-inflammatory drugs are efficacious treatments for bladder pain syndrome. Here, we assessed the effect of triple therapy with these drugs in women with bladder pain syndrome.

### Study design, materials and methods

Between May 2007 and May 2010, we conducted a prospective nonrandomized study on 74 patients with bladder pain syndrome. Of these patients, 38 (11 men and 27 women; mean age, 55.9 years; range, 25 to 77 years; mean follow-up, 12.6 months) were administered the interstitial cystitis (IC) symptom scales (O'Leary-Sant Symptom Index) and visual analog scale (VAS) 1, 3, and 6 months after treatment to assess the efficacy of triple therapy.

### Results

The pretreatment O'Leary-Sant IC symptom score was 11.7, and the post-treatment scores were 4.4, 3.8, and 4.0 at 1, 3, and 6 months, respectively; the pretreatment problem index score was 10.5, and the post-treatment scores were 3.7, 2.7, and 2.9 at 1, 3, and 6 months, respectively. The pretreatment VAS score was 6.7, and the post-treatment scores were 1.8, 1.5, and 1.7 at 1, 3, and 6 months, respectively.

### Interpretation of results

The O'Leary-Sant IC symptom index and problem index and VAS scores improved considerably 1 month after treatment ( $P < 0.05$ ). However, the results at 1, 3, and 6 months after treatment were not significantly different ( $P > 0.05$ ).

### Concluding message

Triple therapy was sufficiently effective in patients with bladder pain syndrome and caused no significant adverse effects. However, large-scale studies should be performed to verify our findings.

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<b>Is this a clinical trial?</b>	<b>Yes</b>
<b>Is this study registered in a public clinical trials registry?</b>	<b>No</b>
<b>Is this a Randomised Controlled Trial (RCT)?</b>	<b>No</b>
<b>What were the subjects in the study?</b>	<b>HUMAN</b>
<b>Was this study approved by an ethics committee?</b>	<b>Yes</b>
<b>Specify Name of Ethics Committee</b>	<b>IRB of wonkwang university</b>
<b>Was the Declaration of Helsinki followed?</b>	<b>Yes</b>
<b>Was informed consent obtained from the patients?</b>	<b>Yes</b>