BLADDER PAIN SYNDROME TREATED WITH TRIPLE THERAPY WITH GABAPENTIN, AMITRIPYTLINE, 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.

Specify source of funding or grant
no grant or funding

Is this a clinical trial?
Yes

Is this study registered in a public clinical trials registry?
No

Is this a Randomised Controlled Trial (RCT)?
No

What were the subjects in the study?
HUMAN

Was this study approved by an ethics committee?
Yes

Specify Name of Ethics Committee
IRB of wonkwang university

Was the Declaration of Helsinki followed?
Yes

Was informed consent obtained from the patients?
Yes