Bladder Pain Protocol

Suprapubic pain related to bladder
AND
absence of proven urinary infection
AND
no other obvious pathology

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History + Physical examination
Bladder diary
Urinalysis

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Conservative treatments

- Patient education
- Dietary modification
- Behavioural modification
- Stress reduction
- Analgesia
- Physical therapy
- Support groups

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Refer to Urogynaecologist

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- Tricyclic antidepressants
  (Imipramine 10mg / Amitriptylline 10-25mg)
- H2 receptor blocker
  (Ranitidine 150mg OD)
- Analgesia
- Antibiotics
- Antimuscarinics

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- Cystoscopy +/- Cystodistension
- Bladder instillations
  (DMSO, Cystistat)