

## Interstitial Cystitis Medication Instillation – The ‘Whitmore’ Cocktail

### General Urology Clinic

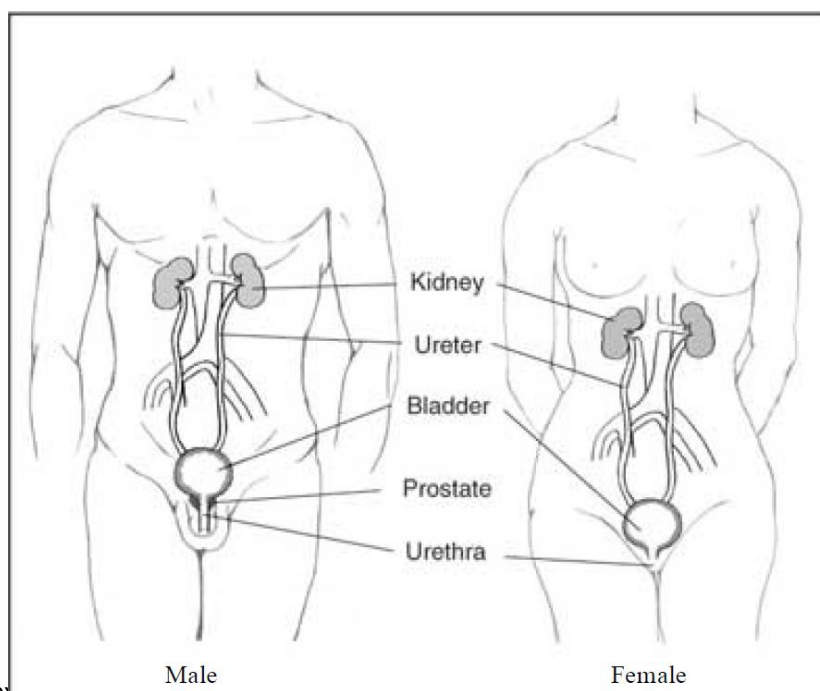
Throughout your treatment, you will follow a specific plan of care. Your plan will depend on your symptoms and what your body responds to.

This information provides an overview of your care path. From this material, you will learn what you must do and what will happen as we work together toward your recovery. Although this material covers standard treatments, each patient receives individual care.

The bladder is an elastic, muscular organ that collects and stores urine. See image. It is located in the lower front area of the abdomen. Two tubes called ureters carry urine down from the kidneys to the bladder. The urine leaves the body through another tube called the urethra.

You have been diagnosed with Interstitial Cystitis. This is a complex process of the bladder that involves multiple pathways including neuronal pathways, pain pathways, inflammatory pathways, etc. Your treatment plan may differ from another patient’s treatment plan. What is important is that we find, together, what works best for you. For many patients this involves changes to their diets, lifestyles, and medications.

Your doctor recommends that when you have acute attacks of bladder or pelvic pain, or IC flairs, that you have instillation of a medication in your bladder called the ‘Whitmore cocktail.’ This medication is formulated to calm down the inflammation on the surface of your bladder. It is given in the office through a small catheter over a period of several days. You may have this done



IC Medication Instillation The University of Texas  
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The kidneys and nearby organs  
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once a year, twice a year, or once in your lifetime and never again. It depends on how your body responds to your total treatment plan. Many patients find immediate relief from this medication when they are suffering from severe bladder pain symptoms.

## **Your Care Team**

Many different health care providers will take care of you. Your care team may include several doctors, pelvic floor physical therapy, nurses, your care partner and others. Sometimes you may feel overwhelmed. Talk with your team about your diagnosis and treatment. They are here to help with any needs or concerns you may have.

## **Preparing for Treatment**

- **Stop smoking.** If you smoke, try to stop. Smoking is associated with an increased risk of cancer and smoking irritates the lining of the bladder. Programs are available to help you and/or your loved ones stop smoking. For more information, ask your doctor or nurse.
- You may have a urinalysis before your treatment. A urinalysis uses an indicator strip dipped into a urine sample to test for the presence of any blood or infections you may have.

## **Day of Treatment**

- Report as directed 30 minutes before your appointment. It is important to be on time for your appointment because the medication is not mixed until you check in.
- Your team will explain the benefits and risks of the treatment to you. They will also answer questions you may have.

## **Before Treatment**

- You will be asked to empty your bladder and we will check your urine for evidence of an infection. If you have an infection, we will delay your treatment.
- A nurse will check your blood pressure, pulse, breathing rate and temperature. You will be taken into an exam room where you will change into a gown. You will be washed with an iodine solution. **If you are allergic to iodine or shellfish, tell your doctor.**
- Your genital area will be cleaned with a sterile solution, and you will be draped with a sterile sheet. A nurse will then place a catheter into your bladder (pass a tube through your urethra) to remove excess urine and to deliver the medication.

## **During Treatment**

- The medication is placed into the bladder with a catheter (a small flexible tube). The instillation takes less than a minute. It is not painful.
- The medication should remain in your bladder until you need to void again. The longer you wait, the longer it has to work. There is not a certain amount of time and if you need to empty it right away, that is OK.

## **After Treatment**

- You should resume your normal activity.

## **Home Care**

- You may resume your regular activity.

## **Contact your doctor right away if you:**

- Have a fever of 101°F (38.3°C) or higher and/or chills

## **Emergency Center**

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*