

## Medication: Pentosan polysulfate sodium 100 mg

### What is Pentosan polysulfate?

This medication is used to treat interstitial cystitis. It works by adhering to the bladder wall where it may act as a buffer to protect the tissues from irritating substances in the urine.

### Expected Benefit:

- Usually takes weeks to months to notice a benefit
- If you have not noticed a benefit within 6 months, then stop the medication.

### Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

This medication is usually well tolerated. If you have problems with these side effects talk with your doctor or pharmacist:

- Bruising, bleeding gums, nose bleeds (rare)

### Stopping the medication:

There should be no withdrawal effect when stopping the medication.

### How to use this medication:

- Take this medication with or without food

### Dosing Schedule:

- 100 mg 3 times a day
- Take 1 hour before or 2 hours after meals

### Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Small risk of increased bleeding if taken with ASA (e.g., Aspirin) or NSAIDS (e.g., ibuprofen, naproxen)

Please contact the Complex Chronic Diseases Program at if you have further questions about your medications.