

COMPLEX CHRONIC DISEASES PROGRAM

Medication Handout

Date: May 15, 2018

Medication: Pentosan polysulfate sodium (Elmiron) 100 mg

What is Elmiron:

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 haven't noticed a benefit within 6 months, then stop the medication

Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

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.