

INTERSTITIAL CYSTITIS  
in-ter-stish-uhl sī-stī'tīs

Also known as IC,  
Painful Bladder Syndrome,  
Bladder Pain Syndrome



Interstitial Cystitis Association  
[www.ichelp.org](http://www.ichelp.org)



**Medical Alert**

PLEASE GIVE  
**IMMEDIATE RESTROOM ACCESS**  
TO THE PERSON  
WHO SHOWS THIS CARD

He or she has **Interstitial Cystitis**, a chronic medical condition that sometimes causes sudden and urgent need to urinate and intense pelvic pain.

Thank you.