Have you been diagnosed with IC/BPS?

If you are a female between the ages of 18 and 85, with urinary frequency, urgency and pelvic discomfort or pain for at least six months, you may be eligible to participate in a clinical research study.

IC/BPS affects 15 to 24 percent of adult women and has a significant impact on quality of life.

The goal of this study is to compare the results of bladder directed therapy (bladder instillations) versus non-bladder physical therapy.

The U.S. Army Medical Research Acquisition Activity, 820 Chandler Street, Fort Detrick, MD 21702-5014 is the awarding and administering acquisition office.

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Opinions, interpretations, conclusions and recommendations are those of the author and are not necessarily endorsed by the Department of Defense.

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Is pelvic pain an issue for you?  
If you have been diagnosed with interstitial cystitis/bladder pain syndrome (IC/BPS), you may be eligible to participate in a clinical research study. The purpose of clinical research is to look at the nature of disease and to develop improved methods to diagnose and treat disease.

Study Information  
The study is open to women between the ages of 18 and 85 who have been diagnosed with IC/BPS. The goal of this study is to evaluate the effectiveness of twice weekly bladder directed therapy (bladder instillations) in comparison to non-bladder therapy. Study participants are randomly assigned to treatment groups, meaning you cannot choose the treatment you receive. Randomization is like “the flip of a coin”.  
Screening for eligibility initially involves a phone call. If initial eligibility criteria are met, you will be scheduled for two screening visits, which will include:
- medical history
- physical exam
- pelvic floor assessment
- pelvic floor EMG (electromyography)
- cystoscopy
- urinating/symptom diary
- questionnaires

What is expected of me?  
If you meet the criteria to be included in the study, you will be scheduled to have:
- twice weekly treatment sessions for eight weeks
- two follow up appointments
- phone or mail monitoring every six months, up to five times after treatment completion

You will be assigned randomly to the bladder instillation (via urinary catheter) or non-bladder therapy group. Any treatment will be at no cost to you, and there is no compensation for study participation. Total expected study duration – up to three and a half years.

If you are interested in participating in this study, please contact one of our research nurse clinicians:  
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