

R_x: Information & Support

Patient Name: _____

Navigating a diagnosis of interstitial cystitis/bladder pain syndrome (IC/BPS) can feel overwhelming.

You don't have to do it alone!

Directions for Use: Visit the Interstitial Cystitis Association (ICA) at ichelp.org to access:

- **Education:** Scientifically supported information.
- **Community:** Connection with people who "get it."
- **Resources:** Strategies to manage your daily life.

Join the Conversation:

Find the "ICA IC/BPS Support Group" on Facebook.

Provider Signature: _____



Scan this QR code
to find out more
about the ICA!

