

FLARE-BUSTING PLAN

PERSONAL FLARE-BUSTERS

LIST 3 THINGS I CAN DO TO RELIEVE MY SYMPTOMS

Select the three that have the most benefit for you and are completely in your own power - when a flare hits, these are your first line of defense.

MEDICAL INTERVENTION

MARK THE MOST EFFECTIVE MEDICAL TREATMENT TO PROVIDE RAPID RELIEF DURING A FLARE

- | | |
|--|--|
| <input type="checkbox"/> PHYSICAL THERAPY | <input type="checkbox"/> ACUPUNCTURE |
| <input type="checkbox"/> BREAK-THROUGH PAIN MEDICATION | <input type="checkbox"/> BLADDER INSTILLATIONS |
| <input type="checkbox"/> MASSAGE | <input type="checkbox"/> OTHER: _____ |

Focus on the medical intervention that consistently provides the most rapid results. When you feel a flare coming on, get an appointment.

SAFE FOODS

NAME MY TOP IC COMFORT FOODS

Identify the foods or meals that are easy to make and would never exacerbate a flare.

examples of
PERSONAL FLARE-BUSTERS

- MEDITATION
- SKIN ROLLING
- DEEP BREATHING
- TRIGGER POINT RELEASE
- PELVIC FLOOR STRETCHES
- IC SUPPORT GROUP MEETING
- CALLING A FRIEND
- PAIN MEDICATION
- WARM BATH
- YOGA

UNDERSTAND THE CAUSE

MARK ALL CONTRIBUTING FACTORS TO THIS FLARE

- SEXUAL ACTIVITY
- STOPPED SELF-CARE REGIMEN
- PROLONGED SITTING
- NEW/ADDITIONAL PHYSICAL ACTIVITY
- DIET CHANGE
- STRESS
- NEW PROCEDURE
- MEDICATION CHANGE
- OTHER: _____

Flares are often caused by a combination of different triggers. Taking the time to understand the underlying cause allows you to regain control over your health.