

Personal IC Flare-Busting Plan

Personal Flare-Busters

Three things I can do myself to decrease my symptoms:

1. _____
2. _____
3. _____

These can be anything that make you feel better, but they have to be completely in your own power. Select the three that have the most benefit for you – when a flare hits, these are your first line of defense.

Examples of Personal Flare-Busters

Deep Breathing
Meditation
Pelvic Floor Stretches
Skin Rolling
Trigger Point Release
Pain Medication
Warm Bath
Yoga
Calling a Friend
IC Support Group Meeting

Medical Intervention

Most effective medical treatment to provide rapid relief during a flare (Circle one):

Physical Therapy

Massage

Acupuncture

Break-Through Pain Medication

Bladder Instillations

Other: _____

In this section, you want to focus on the medical intervention that is the most consistently effective and that provide rapid results. This is the practitioner you want to focus on – when you feel a flare coming on, get an appointment.

IC “Safe Foods”

What are your top IC Comfort Foods?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

This section asks you to identify the foods or meals that you are entirely comfortable with. They should be easy to make and ones you are confident in – the last thing you want to do during a flare is exacerbate it with a food trigger.

Understand the Cause

Contributing Factors to this flare (Circle all that apply):

Prolonged Sitting

Stress

New/Additional Physical Activity

Stopped Self-Care Regimen

Change in Diet

Sexual Activity

Change in Medications

New Procedure

Other: _____

Finally, you want to understand the flare. Often it was caused by a combination of different triggers. Understanding what is causing the flare allows you to regain control over your health.

Courtesy of THE INTERSTITIAL CYSTITIS SOLUTION, by Dr. Nicole Cozean