

IC INFORMATION CENTER
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**"HOW TO ACHIEVE POSSIBLE SUCCESS
WITH ANTIBIOTIC THERAPY"**

by Kay Benton, ICIC (c) 2002

The following five ways may give you a greater chance of success with taking antibiotic therapy for your IC. They have proved successful for many other IC patients.

1) First of all, it is essential to take the "right" antibiotic for the bacteria found in your urine specimen and that the bacteria is sensitive to. There may be more than one antibiotic that might work for you or there may be just one. It is necessary to have a broth culture (as opposed to an agar plate overnight culture) which gives all the bacteria, especially the hidden ones, time in which to grow out. The broth culture is done in a liquid medium and requires 3-4 days.

2) It is essential to find the "right" dosage for your bacteria once you have found the antibiotic that might work for you. This may require some experimenting with increasing or decreasing dosages according to symptoms and retesting by broth cultures for however long you are on antibiotics. The Cystitis Research Center monitors such appropriate dosages.

3) You can lessen your chances of an antibiotic making you worse by:

a) replacing "good" bacteria in your gut with Poly-Dophilus (HPD) or other acidophilus containing FOS. Doing this will reduce the chance of stomach and/or GI upset. The acidophilus, however, must not be taken the same time as the antibiotic or they will cancel each other out in the gut. Take acidophilus one hour before or one hour after taking an antibiotic dose. Or you can try taking the daily amount you need of the acidophilus first thing when you get up in the morning all at once and then forget it for the rest of the day.

b) ALWAYS take anti-yeast medication or supplements when on antibiotics. RX meds, such as Nystatin (500,000 IU--take two tabs with each dose of antibiotic = 6/day usually) which also comes in powder, liquid, and lozenge forms. Diflucan is a more powerful RX but may be good to "knock" the yeast out hard when you think yeast might already be well established. Usually a two-week RX will do this and is often prescribed to be taken just once a day for that period of time. Then, one should take Nystatin the rest of the time or a natural supplement (of which there are now many) such as ProSeed or CanPlex. Try to eliminate all yeast or yeast-producing foods while on antibiotics. But remember it is not wise to try and follow both an IC diet and an anti-yeast diet at the same time--you will become nutritionally deficient.

c) Eat properly a good overall sensible diet of moderation. To help you do this:

1) Keep a daily food diary; it's the least expensive and easiest thing one can do for oneself.
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Write down everything you eat, the time it was eaten, what, if any reactions it brought about whether immediate or 2-3 days later. If in doubt, try the food again and see if the same thing happens. If it does, then that food needs to be eliminated from your diet for for at least six months. Then you can try it again.

2) Follow a rotation diet; don't eat the same things three or four days in a row. This is just a healthier way to eat in the first place--greatly decreases the chance of food intolerances.

d) Take lots of natural food supplements to help your body rebuild its natural defenses. If you have IC, you are probably nutritionally deficient in any number of vitamins/minerals. The IC Supplement Program offered by the ICIC has been especially designed to help IC patients with overall health improvement as well as improve their IC symptoms.

4) Try to reduce the stress in your life! Be kinder and more gentle with yourself. Learn to "go with the flow" (pardon the pun!). Don't fight what you can't change but do fight to help yourself get better. As a bestseller book states: "Don't sweat the small stuff....it's all small stuff." Find others to talk with about IC; you may want to consider going to a counselor or psychotherapist to help you "vent" or learn how you can better manage your emotions, etc. when you are dealing with such a "rollercoaster" disease. Don't let the disease control you anymore than is necessary.

5) Know your body; educate it and learn all you can about what you have. Educate your doctors every chance you get because only YOU know what affects your body and how it works or doesn't work. (If your doctor(s) don't want to learn about your disease, then find another doctor who is willing to learn. That doctor does NOT have to be a urologist; any kind, caring and compassionate doctor you have or can find to work with you in getting you better is what you need.) Listen to what your body tells you and only do what it tells you re treatments, etc. In order to listen, however, you must take some time each day to be by yourself, meditate or think about what's happening to you and around you. Stop to smell the roses, so to speak.

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