



## SELF-ASSESSMENT POST-TEST

Complete the following by circling the correct answer below.

### The Clinical Management of Interstitial Cystitis

- Which of the following is not commonly associated with interstitial cystitis (IC)?
  - Multiple allergies
  - Fibromyalgia
  - Inflammatory bowel disease
  - Pyelonephritis
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) criteria:
  - Remain the gold standard for diagnosis of IC
  - Underestimate the true incidence of IC
  - Can be used for both research and clinical evaluation
  - Were utilized to screen patients for entry into the Interstitial Cystitis Data Base Study
- Which of the following is not a potential marker for IC?
  - Leucocyte esterase
  - Interleukin 2 (IL-2)
  - Antiproliferative factor (APF)
  - Glycoprotein 51 (GP-51)
- Which of the following is not considered to be a potential etiology for IC?
  - Neurogenic inflammation
  - Mast cell activation
  - Congenital spinal cord defect
  - Sensor nerve stimulation
  - Autoimmune phenomenon
- Glomerulations:
  - Must be present to make a diagnosis of IC
  - Are never seen in normal patients
  - Provide helpful prognostic information
  - Are commonly seen in IC patients but are not pathognomonic
- Which of the following patients should be evaluated for IC?
  - Overactive bladder patients unresponsive to anticholinergics
  - Patients with unexplained pelvic pain
  - Patients with chronic prostatitis unresponsive to antibiotics
  - All of the above
- When developing a multimodality treatment strategy, which of the following is not recommended?
  - Hormonal manipulation
  - Antihistamines
  - Heparinoids
  - Antidepressants
- Which of the following is not true of tricyclic antidepressants?
  - Antihistamine activity
  - Helpful in pain management
  - Direct antibacterial activity
  - Sleep aid
  - Anticholinergic effect
- Which of the following is incorrect?
  - It may take 6–9 months of continuous therapy with pentosan polysulfate before symptoms start to improve
  - Pentosan polysulfate commonly causes bleeding dysfunction
  - Pentosan polysulfate may cause GI upset
  - Pentosan polysulfate can be taken in conjunction with other therapies
- The most commonly used antihistamine in the treatment of IC is:
  - Hydroxyzine hydrochloride
  - Diphenhydramine hydrochloride
  - Cetirizine hydrochloride
  - Loratadine
- The patient most likely to respond to pentosan polysulfate:
  - Has had IC for over 10 years
  - Takes pentosan polysulfate continuously for 6 months
  - Has severe glomerulations
  - Has previously responded to dimethyl sulfoxide
- Which of the following is not helpful in managing IC?
  - Prelief
  - Increased fluid intake
  - Urinary alkalinization
  - Elimination of dietary irritants
  - Cranberry juice
- Natural mucopolysaccharides include all but:
  - Aloe vera
  - Chondroitin sulfate
  - Hyaluronic acid
  - Quercetin
- Pelvic floor rehabilitation includes:
  - Biofeedback
  - Electrical stimulation
  - Physical therapy of outer and inner pelvis
  - Thiele massage
  - All of the above
- Transforaminal neurostimulation:
  - Is approved for treatment of IC
  - Is approved for treatment of urgency, urge incontinence, and retention
  - Is appropriate for all patients with pelvic pain
  - Does not require testing prior to implantation
- Which of the following does not indicate placement of the neurostimulator in the S3 foramen?
  - External rotation of the foot
  - Bellows effect
  - Great toe dorsiflexion
  - Tapping sensation in rectum or vagina
- Potassium sensitivity test (PST):
  - Demonstrates uroepithelial dysfunction
  - Is positive in 80% of IC patients
  - Is positive in 55% of urethral syndrome patients
  - Is positive in a majority of patients with pelvic pain
  - All of the above
- Which of the following is false?
  - Patients with normal epithelium do not respond to PST
  - Urothelial injury with protamine causes a positive PST
  - Intravesical heparin can reverse urothelial injury
  - Sodium chloride will provoke urgency similar to potassium chloride

## REGISTRATION

### The Clinical Management of Interstitial Cystitis



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- I would be interested in attending a CME program on this topic in my area.

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