

Issued by JPAC: 02 February 2015

Implementation: To be determined by each Service

## Change Notification UK National Blood Services No. 03 - 2015

# Kidney and Bladder Disease

Applies to the Whole Blood and Components Donor Selection Guidelines only

### 7. Interstitial Cystitis

#### Obligatory

##### Must not donate if:

- a) Is under investigation
- b) Has an associated condition which would prevent donation
- c) Has required catheterisation within the last 7 days.
- d) Has any associated symptoms.
- e) On treatment with Pentosan polysulfate sodium (Elmiron)
- f) Has required botulinum injections given out with the NHS

#### Discretionary

If investigations are complete, there are no associated conditions or treatments such as botulinum injections given out with the NHS which would prevent donation, symptoms are controlled even if on medication other than Pentosan polysulfate sodium (Elmiron), the potential donor has not required catheterisation within the last 7 days and any treatment with Pentosan polysulfate sodium was completed more than seven days ago, accept.

#### See if Relevant

[Autoimmune Disease](#)  
[Chronic Fatigue Syndrome](#)  
[Complementary Therapy](#)  
[Infection -General](#)  
[Mental Health Problems](#)  
[Surgery](#)

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**Additional Information**

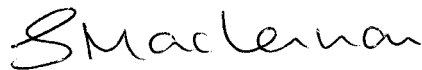
Interstitial Cystitis or Painful Bladder Syndrome is a condition which causes chronic or recurrent pain in the bladder and in the pelvic region due to damaged bladder lining or urothelium.

The cause is unknown but may be associated with other conditions such as Irritable Bowel Syndrome, Fibromyalgia, Chronic Fatigue Syndrome, Autoimmune Disease and Anxiety Disorder. It may also be caused by traumatic injury to the bladder and precipitated by infection.

The diagnosis of IC or PBS is one of exclusion.

Treatment can be through diet modification, bladder training techniques, exercise and stress management. It can include oral medication with analgesics, antidepressants, and Cimetidine. Treatment can also be with Pentosan polysulfate sodium (Elmiron) which can be associated with increased bleeding and bruising. The condition can also be treated by interventional methods including catheterisation, surgery and botulinum toxin injections. Use of neuromodulation techniques with a transcutaneous electrical nerve stimulation (TENS) machine does not prevent donation.

**Reason for change** A clarification about Pentosan polysulfate sodium has been added



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