

Your IC Diary

Dear Patient,

This IC diary is to support you and your doctor in the treatment of your interstitial cystitis condition with the new instillation therapy Instillamed®. It is based on the recommended first course of treatment with Instillamed®.

The clinical course and the degree of severity of IC vary greatly from individual to individual. Your help is required so that the right treatment for you can be determined. A consistent documentation of your complaint symptoms - such as pain and frequent uri-

nation - is needed so that your doctor can obtain an accurate view of your IC condition. You should therefore consistently follow up your symptoms for at least 6 months.

It is important to realize that a course of treatment does not always immediately lead to manifest success. Only continued treatment leads to a lasting improvement. This diary is to accompany you on your way - from the diagnosis to a treatment that is adjusted to your individual requirements.

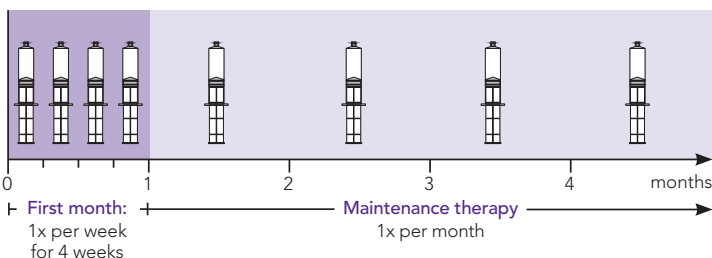
The FARCO-PHARMA Team wishes you every success!

My VISITS TO THE DOCTOR

Other diseases can also affect the clinical course of your IC condition, or they can occur as sequels. We therefore recommend that you document other visits to doctors as well in order to provide your treating physician with an overall picture.

My INSTILLATION APPOINTMENTS

In order to achieve good treatment success, a specific course of treatment is recommended. The first applications during the first month should be administered on a weekly basis. The treatment intervals can subsequently be reduced to one application per month, and in the further course of treatment they can be adapted to your individual requirements.



We recommend that you arrange all your further appointments at your first instillation appointment, so that you can plan your instillation appointments well ahead.



My RECORDS

The records serve to ascertain the success of your treatment and to determine how to optimise your treatment rhythm should this be necessary.

It is useful in this regard to document three different time points:

1. Prior to 1st instillation:

To determine your current clinical condition in order to be able to assess later on whether the treatment is having success.

2. After the 4th instillation

(approx. 1 month after the start of instillation treatment):

The initial therapy is over and a first clinical status can be determined in order to gather information for optimising the treatment intervals in further course.

3. After the 8th instillation

(approx. 5 months after the start of instillation treatment):

To determine whether the treatment with Instillamed® has yielded success.

Instructions for filling out the records

- Fill out the record on two consecutive days.
- Enter the date in the field provided for this.
- Start with your first visit to the toilet on the day concerned.
- Note down the following data each time after going to the toilet:
 - The time when you went to the toilet
 - The amount you drank in numbers of glasses or cups up to your last visit to the toilet (1 drinking unit=150 mL).
 - The amount of urine in mL.
- Try to rate the urge to urinate that occurred in each case and also your pain on a scale from 0 to 10. Please mark with a cross!
- At the end of the day, sum up the total amount you drank and the total amount of urine and enter these data after „Total“.