FLARE-BUSTING PLAN

PERSONAL FLARE BUSTERS
LIST 3 THINGS I CAN DO TO RELIEVE MY SYMPTOMS

Select the three that have the most benefit for you and are completely in your own power – when a flare hits, these are your first line of defense.

MEDICAL INTERVENTION
MARK THE MOST EFFECTIVE MEDICAL TREATMENT TO PROVIDE RAPID RELIEF DURING A FLARE

PHYSICAL THERAPY
BREAK-THROUGH PAIN MEDICATION
MASSAGE

ACUPUNCTURE
BLADDER INSTILLATIONS
OTHER: ___________

Focus on the medical intervention that consistently provides the most rapid results. When you feel a flare coming on, get an appointment.

SAFE FOODS
NAME MY TOP IC COMFORT FOODS

Identify the foods or meals that are easy to make and would never exacerbate a flare.

UNDERSTAND THE CAUSE
MARK ALL CONTRIBUTING FACTORS TO THIS FLARE

SEXUAL ACTIVITY
STOPPED SELF-CARE REGIMEN
PROLONGED SITTING
NEW/ADDITIONAL PHYSICAL ACTIVITY
DIET CHANGE
STRESS
NEW PROCEDURE
MEDICATION CHANGE
OTHER: ___________

Flares are often caused by a combination of different triggers. Taking the time to understand the underlying cause allows you to regain control over your health.