

**Supplementary Table 2: Medications commonly used in the treatment of pelvic pain, organized by class.** Side effects, contraindications, and drug interactions are representative, not comprehensively listed. Modified from Facing Pelvic Pain.

	Medication and Daily Dose Range	Medication Class and Author Experience	Therapeutic effect	Side Effects	Contraindications	Main Drug Interactions
<b>Bladder-Relaxing Medications</b>	Oxybutynin (Ditropan®) 5-15 mg ER Oxybutynin Gel (Gelnique®) transdermal sachet daily Oxybutynin Transdermal Patch (Oxytrol®) 3.9 mg Hyoscyamine (Levsin®) 0.375 to 0.75 mg	Anticholinergic - Used as second line to beta-3 agonists in bladder centric pain	Decreased sensitivity of the bladder surface, Less vigorous contractions, Decreased bladder spasms.	-Dizziness -Drowsiness -Dry mouth -Constipation -Urinary retention -Pruritis (patch) <sup>1,2</sup>	-Hypersensitivity -Patients at risk of uncontrolled narrow-angle glaucoma, urinary & gastric retention, severely decreases gastric motility <sup>1,22</sup> -Use cautiously if over age 65	-Revefenacin -Tiotropium -Umeclidinium -Potassium citrate -Secretin <sup>1,2</sup>
	Tolterodine (Detrol®) 2-4 mg ER, 4 – 8 mg IR Fesoterodine (Toviaz®) 4-8 mg Trospium (Sanctura®) 60 mg ER Darifenacin (Enablex®) 7.5 – 15 mg Solifenacin (Vesicare®) 5-10 mg			-Constipation -Dry mouth -Urinary retention Xerostomia <sup>1,2</sup>	-Gastric retention -Uncontrolled narrow-angle glaucoma -Urinary retention -Hypersensitivity	-Mesoridazine Drugs (CI) -Tiotropium -Umeclidinium -Acinidium -Conivaptan -Eluxadolone -Fusidic acid <sup>1,2</sup>
	Mirabegron (Myrbetriq®) 25-50 mg Virabegron (Gemtesa®) 75 mg	Beta-3 agonists - Can be useful in bladder-centric pain, especially if never tried	Decreased sensitivity of the bladder surface, Less vigorous contractions, Decreased bladder spasms.	Hypertension (Mirabegron)	Hypersensitivity <sup>1</sup>	Mirabegron: -Eligustat - Metoprolol (strong CYP 2D6 inhibitors) -Thioridazine <sup>1</sup> Virabegron: -Digoxin
<b>Medications that open bladder outlet</b>	Terazosin (Hytrin®) 1-10 mg Tamsulosin (Flomax®) 0.4-0.8 mg Doxazosin (Cardura®) 2-4 mg Alfuzosin (Uroxatral®) 10 mg Silodosin (Rapaflo®) 8 mg	Alpha-adrenergic blocker - Can be very helpful in urethral pain, suspected bladder	Relaxation of the bladder neck and prostate, easier initiation of void, better	-Orthostatic hypotension -Headache -Dizziness -rhinitis	Hypersensitivity <sup>1</sup> .	-conivaptan -idelalisib <sup>1,2</sup> .

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		neck obstruction. Orthostasis can be profound in patients with autonomic dysfunction.	emptying. Decreased burning with void in some cases.	-ejaculation failure <sup>1,2</sup> .		
<b>Bladder Pain Medications</b>	Pentosan Polysulfate Sodium (Elmiron <sup>®</sup> ) 200-300 mg	Heparin-like molecule - Still has a role in some patients with IC/BPS, monitor with Ophthalmology	Coating of bladder surface in interstitial cystitis. Low efficacy rates above placebo	-Alopecia -Nausea -Diarrhea <sup>1</sup> . -Some reports of vision change. See a retina specialist if long-term usage planned. (Jain et al, 2019)	- Hypersensitivity	-Anticoagulants -Antiplatelets (NSAIDs, SSRIs, P2Y12 inhibitors) <sup>1</sup> .
	Phenazopyridine (Pyridium <sup>®</sup> , Azo <sup>®</sup> ) 100-600 mg	<u>Analgesic</u> - Used often in urethral pain and post-procedure	Urinary anesthetic. Decreases bladder pain	-Headache <sup>1</sup> .	-Hypersensitivity -Renal insufficiency <sup>1</sup> .	
	Amitriptyline (Elavil <sup>®</sup> ), Nortriptyline (Pamelor <sup>®</sup> )  see below in general pain medications	Tricyclic antidepressants - Used often in bladder centric pain	Good data in IC/BPS			
	Uribel <sup>®</sup> (methenamine 118 mg, sodium phosphate monobasic 40.8 mg, phenyl salicylate 36 mg, methylene blue 10 mg, and hyoscyamine sulfate 0.12 mg)	Antihistamine - Used less often in bladder centric pain	Urinary anesthetic. Decreases bladder pain	Rapid heartbeat, blurred vision, dizziness, drowsiness, difficult urination, urinary retention, dry mouth, nausea, vomiting, shortness of breath, trouble breathing	Hypersensitivity to any component of the product	Urinary alkalizers, thiazide diuretics, antimuscarinics, antacids/antidiarrheals, anti myasthenics, ketoconazole, monoamine oxidase (MAO) inhibitors, opioids, sulfonamides

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	Hydroxyzine (Atarax <sup>®</sup> )	Various (Antihistamine)				
	Diphenhydramine (Benadryl <sup>®</sup> ) Genahist <sup>®</sup> , Sominex <sup>®</sup> , Unisom <sup>®</sup> ) Cimetidine <sup>®</sup> Tagamet <sup>®</sup> ) Cetirizine hydrochloride (Zyrtec <sup>®</sup> ) Fexofenadine (Allegra <sup>®</sup> ) Loratidine (Claritin <sup>®</sup> )	Antihistamine - Worth trial in bladder centric pain, stop if not successful		-Flushing -Dyspnea -Dizziness -Blurred vision <sup>1,2</sup> .	Nursing mothers Hypersensitivity to diphenhydramine and other similar antihistamines	-Alcohol -Aclidinium -Atomoxetine -Atropine <sup>1,2</sup> .
	Bladder instillations (heparin, lidocaine, sodium bicarbonate, antibiotic)	Sterile compound mixture instillation - Can be very helpful if catheter tolerated	Decreased bladder pain over time with repeat instillations	Can cause local irritation, absorption of lidocaine could be dangerous at higher doses	Blood in the urine or urinary tract infection	
	Bladder instillations Dimethyl sulfoxide, DMSO (Rimso-50 <sup>®</sup> )	Other. Used as a solvent in manufacturing. Used for instillation with sterile compound mixture in bladder. - Not used by authors unless prior good outcome	Decreased bladder pain over time with repeat instillations	Can cause severe bladder irritation, paradoxically	Blood in the urine or urinary tract infection	DMSO can increase uptake of other medications
	Cyclosporine A (Gengraf <sup>®</sup> , Neoral <sup>®</sup> , Sandimmune <sup>®</sup> ) 100mg	Immunosuppressive - Used by authors in conjunction with rheumatology after treatment of Hunner's lesion	Interstitial cystitis	Hypertension Stomach pain Tremor Kidney damage		

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<b>Local anesthetic</b>	Lidocaine (Xylocaine®), bupivacaine (Marcaine®, Sensorcaine®)	Local anesthetic for nerve block or instillation - Requested of collaborators frequently	Depends on mode of administration (Bladder instillation, skin surface, intravenous (IV))	Possible drug class side effects: metallic taste in the mouth, ringing in the ears, dizziness, and sedation. These are not administered orally and are generally used for diagnostic and therapeutic injections. IV administration can have cardiac risk.	Cardiac arrhythmia	
<b>Injected Steroids</b>		Steroid injected near nerve - Defer to collaborators				
<b>Injected Irritants</b>	Dextrose	- Not used				
<b>Injected Growth Agents</b>	Platelet-rich plasma (PRP)	Growth factors Collected from your own blood - Not used	Variety of uses			
<b>Injected Neurolytic</b>	Alcohol (Ethanol)	Substance injected to damage overactive nerves - Not used				
<b>Injected Botulinum Toxin</b>	OnabotulinumtoxinA (Botox®) RimabotulinumtoxinB (Myobloc®) AbobotulinumtoxinA (Dysport®)	Chemodenervation of muscles or nerves - Used frequently by authors to	Chemodenervation	Distant spread of toxin effect.	Hypersensitivity to any botulinum toxin preparation, diagnosis of Myasthenia gravis	

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		bladder, bladder neck, external sphincter, vulva, pelvic floor muscles, depending on urodynamics, exa, outcome of prior treatments				
<b>Urinary Tract Infection Management</b>	Oral or IV antibiotics	- Treat only for + culture with pyuria, typically for 5 days				
	Antibiotic instillation in the bladder	- Selected use in some patients with routine catheter usage				
	Proanthocyanidins (Ellura <sup>®</sup> ) or other cranberry extract	- Offered in all patients with recurrent UTI - Brand can be important for manufacturing technique, but expensive	Inhibits the adherence of P-fimbriae of <i>E. coli</i> to uroepithelial cells (Howell et al 2010)	Nephrolithiasis <sup>2</sup> .	Difficult to know which brands actually contain therapeutic concentration of product.	-H <sub>2</sub> blockers -Proton pump inhibitors -Warfarin <sup>2</sup> .
	D-Mannose (a simple sugar, monosaccharide)	- Offered sometimes as alternative in recurrent UTI	Thought to work by blocking Type 1 fimbriae, inhibiting bacterial adherence to urothelial cells (Altarac and Papes, 2014)			

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	Methenamine (Hiprex <sup>®</sup> , Mandelamine <sup>®</sup> , Urex <sup>®</sup> )	Organic compound - Used often, typically when cranberry not affordable	Works by converting to formaldehyde in acidic urine, which then exhibits non-specific antiseptic activity (dependent on dwell time)	Hold when on antibiotics to prevent precipitate in urine		-Vitamin C increases efficacy by making urine more acidic
	Probiotics	Supplement. Look for multi-strand bacteria count of lactobacillus, rhamnosus and reuteri - Used as adjunct in rUTI	Healthy bacteria can theoretically naturally suppress unwanted bacteria. Data is limited.			
<b>GI and Anal Pain</b>	Loperamide (Imodium <sup>®</sup> )	Antidiarrheal - Authors defer to collaborators	Antidiarrheal	High blood sugar Abdominal pain Nausea Vomiting Xerostomia Dizziness Fatigue	Abdominal pain in the absence of diarrhea	<u>Venetocla</u> <u>Lasimiditan</u> <u>Simeprevir</u>
	Nifedipine, Diltiazem rectal ointments -often compounded with lidocaine to help with pain, applied 3 x per day -Nifedipine 0.2% or 2% with lidocaine 2% -Diltiazem 2% with lidocaine 1%	Calcium channel blocker - Authors defer to collaborators	Anal fissure – relaxes and dilates blood vessels and increases circulation to the area	Headache (dilute with vaseline if this occurs). Lightheadedness, flushing, dizziness, nausea.	Low blood pressure, severe anemia, heart failure, recent heart attack, exposure to nitrates	Cough cold products, migraine drugs (ergotamine, diuretics, and some medications for high blood pressure and erectile dysfunction)
	Nitroglycerin (Rectiv <sup>®</sup> ) rectal ointment	Nitrates	Anal fissure	Low blood pressure Flushing	Severe anemia or heart failure,	Tadalafil, vardenafil,

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	-often compounded with lidocaine to help with pain -nitroglycerin 0.2% with lidocaine 2%	- Authors defer to collaborators	Relaxes and dilates blood vessels and increases circulation to the area	Dizziness Headache Anaphylactoid reaction Methemoglobinemia Raised intracranial pressure	methemoglobine mia, low blood pressure, brain hemorrhage, high pressure in the skull. Allergy.	sildenafil, beta blockers, calcium channel blockers, aspirin, heparin, alcohol, ergotamine
<b>Stool softeners</b>	Docusate sodium (Colace®), Psyllium (Metamucil®) or other fiber	Bulking and softening agents for stool - Authors defer to collaborators	Help with constipation Drink plenty or water	Has to be titrated to effect – can lead to diarrhea		
	Psyllium (Metamucil®) or other Fiber	Bulking agent for stool - Authors defer to collaborators	Helps with diarrhea			
<b>Skin Barriers</b>	Zinc oxide Dimethicone Petroleum Coconut oil	Skin Barrier - Used often	Helps coat the skin to allow healing			
<b>Antifungals: Perianal and Vaginal</b>	Clotrimazole (Lotrimin®), Miconazole (Monistat®)	Topical antifungal (anti-yeast) - Used for yeast infection	Decreases vaginal or perianal yeast on skin surface			
	Nystatin powder (Nystop®) or cream (Mycostatin®)	Topical antifungal (anti-yeast) - Used for yeast infection	Skin folds (non-mucous membranes)			
	Fluconazole (Diflucan®) oral	Oral antifungal (anti-yeast) - Used most often for yeast infection	Used for vaginal or systemic yeast infection, e.g., yeast in urine	Headache, diarrhea, nausea, dizziness, rash, taste change	Low magnesium or potassium, some abnormal heart rhythms, pregnancy,	Clopidigral, pimizide, quinidine, macrolide

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					problems with liver or kidney function	antibiotics (e.g., erythromycin)
	Nystatin Oral (Mycostatin®)	Oral antifungal (anti-yeast) - Used for yeast infection when perianal yeast present	Best for perianal and bowel-related yeast infection as Fluconazole does not enter the GI tract as well	Diarrhea, nausea, Stevens-Johnson syndrome (severe rash)	Allergy	
<b>Vulvar/Vaginal Treatments for Atrophy, Inflammation or Infection</b>	<p>Vaginal estrogens (creams, tablet, ring, insert)</p> <p>Compounded Estradiol or Estriol</p> <p>Estradiol Dosages: range between 0.04 mcg – 100 mcg dosing, two to three times a week after a two-week daily loading dose.</p> <p>Estriol Dosages: range between 0.5mg – 1 mg dosing, two to three times a week, after a two-week daily loading dose.</p>	<p>Estradiol or conjugated estrogens</p> <p>- Offered by the authors in all postmenopausal women and some breastfeeding or on systemic hormones who have rUTI or local symptoms</p> <p>- Hypoallergenic compound useful if sensitivity</p>	Changes pH and promotes a healthy microbiome. Can decrease frequency of UTI by changing pH, cell structure, ability of bacteria to adhere, and by creating better urethral seal	<p>-Headache<sup>1</sup>.</p> <p>-Temporary hot flashes</p> <p>-Breast pain</p> <p>All addressed by decreasing # grams applied</p> <p>Irritation can occur on skin surface – addressed by compounding in different hypoallergenic base.</p>	<p>-Angioedema</p> <p>-Prophylactic reaction<sup>1</sup>.</p> <p>-Use with permission from breast doctor if personal history of breast cancer or suspicious mammogram</p> <p>-Data re: small risk of breast cancer is based on estrogen oral ingestion</p>	-Aromatase inhibitors, such as anastrozole, used for breast cancer
	<p>Boric acid 600 mg vaginal suppository (compounded).</p> <p>Directions: Insert 1 suppository vaginally at night for either 14, or 28 nights</p> <p>-Suppository form decreases local site reactions</p>	<p>Vaginal antibacterial and anti-yeast medication</p> <p>- Authors defer to collaborators</p>	Changes pH and hospitality to bacteria and yeast	<p>-Local site irritation, redness, burning, watery vaginal discharge</p> <p>-Toxic if taken by mouth</p>		-Idoxuridin <sup>2</sup> .
	Metronidazole (Metrogel®), Clindamycin (Cleocin®)	Antibiotics for bacterial vaginosis, clindamycin also	Helps restore a healthy vaginal microbiome by decreasing	<p>-Erythema<sup>1</sup>.</p> <p>-Vaginal moniliasis<sup>2</sup>.</p> <p>-HPA-axis suppression<sup>1</sup>.</p>	Hypersensitivity <sup>1</sup> .	<p>-Alcohol</p> <p>-Disulfiram<sup>1</sup>.</p> <p>-Erythromycin<sup>2</sup>.</p>



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		used for desquamative inflammatory vaginitis (authors defer to collaborators for the latter)	unhealthy bacteria or decreasing inflammation			
	Amphotericin B: Amphotericin 50mg suppository or cream Apply 50 mg vaginally every night for 14 nights	Compound antifungal/ anti-yeast - Authors defer to collaborators				
	Flucytosine 17% Apply 5 gram every night at bedtime for 14 nights	Compound antifungal/ anti-yeast - Authors defer to collaborators				
	Clotrimazole / hydrocortisone 2% 50 mg 2% 100 mg Insert 1 suppository up to every 12 hours per vagina Apply 1 gram every 12 hours per vagina	Compound antifungal/ anti-yeast and topical steroid - Authors defer to collaborators				
	Vulvar steroid - Clobetasol (Temovate <sup>®</sup> ), Hydrocortisone cream and ointment (Steroid used rarely inside the vagina, due to thinning of the tissue)	Topical steroid, usually applied externally. Check label re: vagina and perianal use - Authors defer to collaborators, but do screen and refer for suspected lichen sclerosis on exam	Decreases inflammation	- Fissures - Skin changes	Hypersensitivity <sup>1</sup> . Check with provider regarding use of steroid during infection	-Aldesleukin <sup>1</sup> .

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<b>Vulvar/Vaginal Treatments for Spasm or Pain</b>	<p>Diazepam (Valium®) vaginal Suppositories or tabs : 5 or 10 mg suppository or tabs</p> <p>-Insert 1 every 8 hours prn per vagina</p> <p>Cream/ointment: 5mg/ml</p> <p>-Apply 1-2 grams every 8 hours per vagina</p> <p>-Lidocaine 2% can be added</p> <p>*Can be used rectally but absorption may be as high as oral</p>	<p>Compound locally-applied Benzodiazepine</p> <p>- Authors use often for high tone pelvic floor muscles refractory to PT</p>	Sedative and muscle relaxant	<p>-Hypotension</p> <p>- Sedation</p> <p>-Diarrhea</p> <p>-Euphoria<sup>2</sup>.</p>	-High doses of other sedatives	-Flumazenil <sup>2</sup> .
	<p>Baclofen (Lioresel®) Vaginal 5 or 10 mg suppository:</p> <p>-Insert 1 suppository up to every 8 hours as needed for pain</p> <p>Cream/ointment: 5mg/ml</p> <p>-Apply 1-2 grams up to every 8 hours as needed per vagina</p> <p>-Lidocaine 2% can be added</p>	<p>Compound locally-applied antispasmodic</p> <p>- Alternative to Diazepam for high tone pelvic floor muscles</p>	Muscle relaxant	<p>-Hypotonia</p> <p>-Drowsiness</p> <p>-Confusion</p> <p>-Headache</p> <p>-Nausea</p> <p>-Vomiting</p>	-Hypersensitivity <sup>2</sup>	<p>-Azelastine</p> <p>-Paraldehyde</p> <p>-Thalidomide</p>
	<p>Diazepam/baclofen/lidocaine combinations vaginal Suppositories:</p> <p>Most common doses:</p> <p>Suppository:</p> <p>5 mg/5 mg/2% 10 mg/10 mg/2%</p> <p>-Insert 1 suppository up to every 8 hours as needed per vagina</p> <p>Cream/ointment:</p> <p>5 mg/5 mg/10 mg/ml</p> <p>-Apply 1-2 grams up to every 8 hours per vagina</p> <p>-Lidocaine 2% can be added</p>	<p>Compound locally-applied combination: sedative, antispasmodic, and topical anesthetic</p> <p>- Alternative to for high tone pelvic floor muscles</p>	Muscle relaxant and pain reliever	<p>-Hypotonia</p> <p>-Drowsiness</p> <p>-Confusion</p> <p>-Irritation at site or application</p> <p>-Headache</p> <p>-Nausea</p> <p>-Vomiting</p> <p>-Hypotension</p> <p>-Diarrhea</p> <p>-Euphoria<sup>2</sup>.</p>	- Hypersensitivity Significant doses or other sedatives Cardiac arrhythmia	<p>-Azelastine</p> <p>-Paraldehyde</p> <p>-Thalidomide</p> <p>-Flumazenil<sup>2</sup>.</p>
	<p>Gabapentin (Neurontin®) Cream 2% - 6%</p> <p>Apply 1 gram every 12 hours as needed for pain per vagina</p>	<p>Compound locally-applied anticonvulsant</p>	Neuropathic pain relief	Possible drug class side effects: dizziness, leg swelling, fatigue, weight gain, rash,		

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	Lyrica (Pregabalin®) 2% - 5% Apply 1 gram every 12 hours as needed for pain per vagina	- Authors use for neuropathic vulvar pain		constipation, nausea, liver toxicity. Rarely, patients may experience a change in mood.		
	Amitriptyline (Elavil®) 2% cream ointment or suppository  Apply 1 gram vaginally every 12 hours as needed per pain per vagina	Compound locally-applied tricyclic antidepressants - Authors use for neuropathic vulvar pain	Neuropathic pain relief	Possible drug class side effects: dry mouth, sedation, mood changes, blurred vision, weight gain, blood pressure changes, urinary retention, constipation, abnormal heart rhythm.		
	Amitriptyline (Elavil®), Baclofen (Lioresel®), Gabapentin (Neurontin®) 2%, 2%, 2% 2%, 2%, 6% -Can be ointment or cream -Apply 1 gram every 12 hours as needed per pain per vagina -Most Common Combination: Amitriptyline/Baclofen/ Gabapentin -Commonly used topically in place of oral for pain in other areas.	Compound Locally-applied combination: tricyclic anti-depressant, antispasmodic, and anticonvulsant - Authors use often for neuropathic vulvar pain	Muscle relaxant and Neuropathic pain relief	See above		
	Ketamine Powder 2% in e.g. Ellage Apply 1 g topically 2 (two) times a day as needed (genital pain). Maximum daily dose 2 grams	- Authors use often for neuropathic vulvar pain	Neuropathic pain relief			

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	Ketamine Powder 2% e.g. in Ellage with Baclofen 2% Gabapentin 6% Ketamine 2% Apply 1 g topically 2 (two) times a day as needed (genital pain). Maximum daily dose 2 grams.	- Authors use for neuropathic vulvar pain	Neuropathic pain relief			
	Tacrolimus (Prograf®) 1-2 mg suppository -Insert 1 suppository vaginally at night as directed	- Authors use rarely for neuropathic vulvar pain				
	Naltrexone - low dose (Vivitrol®) -1.5mg -4.5mg oral capsule every night - Naltrexone 3mg/ml vaginal cream Apply 1 ml at night per vagina	Opioid agonist - Authors use as alternative for neuropathic vulvar pain	Used with pain, inflammation, or autoimmune conditions			
<b>Systemic Hormonal Medications</b>	Estrogen / progesterone, Including: Pills, including the birth control pill Patches Vaginal ring. Norethindrone (progestin-only pill) Etonogestrel (Nexplanon®) progesterone implant	Female hormones - Authors defer to collaborators	Suppresses menstrual cycle, prevents ovulation	-Irritation at site or application -Headache -Pelvic pain <sup>1</sup> . -Irregular bleeding -Mood changes -DVT -Loss of sexual desire	-Anaphylaxis -Hypersensitivity <sup>1</sup> . -Personal hx of breast or uterine cancers -History of blood clots, stroke or heart disease -History of migraine with aura -Liver impairment -Unexplained vaginal bleeding	-Use of aromatase inhibitors -Anti-retrovirals
	Medroxyprogesterone acetate (Depo-Provera®) injection	Progestin-based female hormone shot given every 3 months - Authors defer to collaborators	-Birth control: inhibits gonadotropin production which blocks follicular	-Weight gain and bloating -Uterine bleeding -Clotting of blood -Injection site reaction	-Breast cancer -Use with caution if risk of blood clotting, stroke or heart disease	-Tranexamic acid -Carbamazepine -Isotretinon <sup>2</sup>

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			maturation and ovulation <sup>2</sup> . -Short-term relief of pain from pelvic venous disease	-Weight gain -Abdominal pain <sup>2</sup> . Depression	History of severe depression Osteoporosis Personal history of breast cancer	
	Goserelin (Zoladex <sup>®</sup> )	Gonadotropin-releasing hormone analog - Authors defer to collaborators	Short-term relief of pain from pelvic venous disease	Hot flashes and bone loss		
	Elagolix (Orilissa <sup>®</sup> )	Gonadotropin Releasing Hormone Antagonist - Authors defer to collaborators	Treats pain associated with endometriosis by reducing estrogen levels	-Hot flashes -Mood swings -Decreased bone density	-Liver impairment -Osteoporosis	-Griseofulvin <sup>1</sup> . -Cytochrome P450 modifiers
	Leuprolide Acetate (Lupron Depot <sup>®</sup> )	Gonadotropin releasing hormone agonist - Authors defer to collaborators	Potent reversible inhibition of gonadotropin secretion, through suppression of testicular and ovarian steroidogenesis <sup>2</sup> .	-Edema -Acne -Flushing <sup>2</sup> . -Osteoporosis (with long-term use) Vaginal discomfort	-Hypersensitivity. -Breastfeeding <sup>2</sup> .	-Amisulphide <sup>2</sup> .
	Aromatase inhibitors: -Anastrozole (Arimidex <sup>®</sup> ) -Letrozole (Femara <sup>®</sup> )	Aromatase inhibitor - Authors defer to collaborators	Inhibits the Conversion of androstenedione to estrone by aromatase <sup>2</sup> .	-Vaginal atrophy with vulvar pain and UTI -Hypertension -Vasodilation -Peripheral edema <sup>2</sup> .	-Hypersensitivity <sup>2</sup>	
	Testosterone injections (Depot-Testosterone <sup>®</sup> ) Testosterone Topical (Testim <sup>®</sup> , AndroGel <sup>®</sup> )	Male hormone (androgen) - Authors defer to collaborators	-Erectile dysfunction and other symptoms of male menopause	-Injection site bruising -Headache <sup>2</sup> .	-Breast cancer in men <sup>2</sup> . -Pregnancy <sup>2</sup> .	-Warfarin <sup>2</sup> .

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	Testosterone can also be compounded as 100 mg/ml or 200 mg/ml for ease of use (more common)		-Low testosterone in women, some vulvar pain			
<b>Other Hormonal Medication</b>	Hormone-secreting intrauterine device (Mirena®, Liletta®, Skyla®)	Progestin applied directly to lining of uterus - Authors defer to collaborators	-Thins endometrial lining, inhibits inflammation, decreasing uterine pain and bleeding -Birth control	-Irregular bleeding -Acne -Breast tenderness	-Current pelvic infection or at risk for sexually transmitted illness -Abnormal uterine anatomy Undiagnosed vaginal bleeding Hormone-receptive cancer	
<b>Immune and Anti-Inflammatory Medications</b>	Non-steroidal anti-inflammatory drugs (NSAIDs): see below		Relief of pain due to inflammation			
	Mesalamine (Pentasa®, Asacol®, Apriso®, Delzicol®, Lialda®)	Anti-inflammatory - Authors defer to collaborators	Used for ulcerative colitis	Chest pain, shortness of breath, blood in stool or vomit, swelling	Inform provider if myocarditis, liver or kidney disease, pregnancy, phenylketonuria	Aluminum hydroxide and magnesium hydroxide, calcium carbonate, aspirin, NSAID, azathioprine
	Corticosteroids: Betamethasone (Celestone®), Prednisone (Prednisone Intensol®), Prednisolone (Orapred®, Prelone®), Triamcinolone (Aristospan®), Kenalog®, Methylprednisolone (Medrol®, Depo-Medrol®, Solu-Medrol®), Dexamethasone (DexPak®)	Steroids - Authors defer to collaborators, only rarely relevant to pelvic pain	Control of inflammation, e.g., in vasculitis			
	Azathioprine (Azasan®, Imuran®), Remicade (Infliximab®), Ustekinumab (Stelara®), and	Immunosuppressants		Immunosuppression	Pregnancy, liver or kidney failure, bad infection, low platelets or white	Febuxostat, cancer drugs such as cyclophosphamide, melphalan,

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	Humira (Adalimumab®), Vedolizumab (Entyvio®)	Monoclonal antibodies - Authors defer to collaborators			blood cells, pancreatitis, lymphoma	rituximab, tofacitinib
	Immunomodulators Interleukins (IL-1, IL-17) Tumor necrosis factor alpha TNF- $\alpha$	- Authors defer to collaborators	Decreasing rheumatologic inflammation especially in ankylosing spondylarthritis (IL-17) and Schnitzler syndrome (IL-1).			
	IV immunoglobulin (IVIG)	- Authors defer to collaborators	Useful for autoimmune disease causing small fiber polyneuropathy			
<b>Blood Thinners</b>	Aspirin	NSAID - Not often initiated by authors	Used for pelvic ischemia, secondary prevention of acute coronary syndrome.	Gastrointestinal ulcer	Hypersensitivity to NSAIDs.	Ketorolac dichlorphenamide
<b>General Pain Medication</b>	Acetaminophen (Tylenol®) 325 mg - 500mg tablets For pain, dose is 1000 mg by mouth every 4 to 6 hours, not to exceed 4000 mg in 24 hours	Analgesic - Authors advise safe use and dosing frequently	Pain and fever relief	Generally well tolerated. Possible side effects: constipation, nausea, headache. In high doses, this medication may cause liver failure. No proven risk of harm to an unborn	Liver failure	Alcohol, Percocet and other opioid mixtures that contain acetaminophen

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				fetus if taken during pregnancy.		
	Ibuprofen (Advil <sup>®</sup> , Motrin <sup>®</sup> ) 200-800mg. For pain, dose is 400 – 800 mg every 8 hours as needed for pain, not to exceed 2400 mg/day. Take with food.	NSAIDs - Authors advise safe use and dosing frequently	Pain and fever relief	Possible drug class side effects: Gastrointestinal irritation or bleeding, increased risk of heart disease, kidney injury	Kidney failure	Other medications that impact bleeding
	Celecoxib (Celebrex <sup>®</sup> ) 100-200 mg	NSAIDs - Authors defer to collaborators		Less risk of gastrointestinal irritation than other NSAIDs, still carries increased risk of heart disease, kidney injury		
	-Diclofenac (Cambia <sup>®</sup> , Cataflam <sup>®</sup> , Voltaren-X <sup>®</sup> R, Zipsor <sup>®</sup> , Zorvolex <sup>®</sup> ) -Indomethacin (Indocin <sup>®</sup> ), -Naproxen (Aleve <sup>®</sup> , Anaprox <sup>®</sup> , Naprelan <sup>®</sup> , Naprosyn <sup>®</sup> ) -Oxaprozin (Daypro <sup>®</sup> ) -Piroxicam (Feldene <sup>®</sup> )	NSAIDs - Authors defer to collaborators	Pain relief	In addition to oral administration, diclofenac is formulated as a topical ointment or liquid. Topical application of NSAIDs may lead to local skin irritation, but generally causes fewer side effects.		
	Neurontin (Gabapentin <sup>®</sup> ) Oral dosing: 300-3600 mg Topical dosing: 2%-6% cream  Lyrica (Pregabalin <sup>®</sup> ) Oral dosing: 50-300mg can go to 600mg/day if patient tolerates Topical dosing: 2-5% cream	Anticonvulsant - Authors defer to collaborators but request initiation often when neuropathic pain suspected	Neuropathic pain relief	Possible drug class side effects: Dizziness, Leg swelling, Fatigue, Weight gain, Rash, Constipation, Nausea,		



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	Compounded versions, may have fewer systemic side effects			Liver toxicity. Rarely, patients may experience a change in mood or behavior.		
	Tegretol (Carbamazepine <sup>®</sup> ) 200-1200 mg	Anticonvulsant - Authors defer to collaborators		-Dizziness -Drowsiness		-Abenacliclib -Apixaban
	Topiramate (Topamax <sup>®</sup> )	Anticonvulsant (carbonic anhydrase inhibitor) - Authors defer to collaborators	Fibromyalgia pain	-Fatigue	-Hypersensitivity	-Bromiperidol -Thalidomide -Azelastrine <sup>1</sup> .
	Fluoxetine (Prozac <sup>®</sup> )	Selective serotonin re-uptake inhibitors (SSRIs) - Authors defer to collaborators		-Paresthesia -Drowsiness -Fatigue		-Nifedipine
	Sertraline (Zoloft <sup>®</sup> ) Lamotrigine (Lamictal <sup>®</sup> ) Oxcarbazepine (Trileptal <sup>®</sup> ) Lacosamide (Vimpat <sup>®</sup> ) Venlafaxine (Effexor <sup>®</sup> ) Duloxetine (Cymbalta <sup>®</sup> ) Milnacipran (Savella <sup>®</sup> )	Serotonin norepinephrine reuptake inhibitors (SNRIs) - Authors defer to collaborators but request initiation often when neuropathic pain suspected, especially Duloxetine		-Insomnia -Headache -Anxiety <sup>1</sup> . -Fatigue <sup>1</sup> .	-Concomitant use of disulfiram, MAOIs, pimozone -Discuss alcohol use or suicidal thoughts with provider prior to starting -Hypersensitivity <sup>2</sup>	-Mesoridazine <sup>2</sup> .
	Amitriptyline (Elavil <sup>®</sup> ) Nortriptyline (Pamelor <sup>®</sup> ) Imipramine (Tofranil <sup>®</sup> )	Tricyclic antidepressants		Possible drug class side effects: dry mouth, sedation,	Concomitant use of MAOIs, -Hypersensitivity <sup>2</sup>	-Bromopride <sup>1</sup> .

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	See above for compounded version	- Authors initiate for bladder centric and neuropathic pain with regularity		mood changes, blurred vision, weight gain, blood pressure changes, urinary retention, constipation, abnormal heart rhythm.		-Monoamine oxidase inhibitors (MAOIs) <sup>1</sup> .
<b>Muscle Relaxant</b>	Baclofen (Kemstro <sup>®</sup> , Lioresal <sup>®</sup> )  Oral dosing: 10-30 mg daily Topical dosing: 2%-10% cream  See above for compounded version	Muscle relaxant - Authors defer to collaborators, helpful for high tone pelvic floor muscles	Spasticity	Possible drug class side effects: Sedation, Dizziness, Weakness, reduced muscle tone, Changes in blood pressure, Dry mouth. -Drowsiness -Hypotonia -Confusion -Headache -Nausea -Vomiting	-Hypersensitivity <sup>2</sup>	-Azelastine -Paraldehyde -Thalidomide
	Cyclobenzaprine (Flexeril <sup>®</sup> , Amrix <sup>®</sup> and Fexmid <sup>®</sup> ) Oral dosing: 5-10 mg up to 3 times daily  Topical dosing: 0.5%-2% cream	Muscle relaxant - Authors defer to collaborators, helpful for high tone pelvic floor muscles	Skeletal muscle relaxant acts primarily at the brain stem within the central nervous system	Peripheral anticholinergic actions,  sedative effect, may increase heart rate	Arrhythmias  Heart block  -Hypersensitivity <sup>2</sup> Hyperthyroidism  Congestive heart failure  Concomitant use with MAOI	Monoamine oxidase inhibitors (MAOIs)  Saquinavir  Ziprasidone  Safinamid

	Medication and Daily Dose Range	Medication Class and Author Experience	Therapeutic effect	Side Effects	Contraindications	Main Drug Interactions
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	Tizanidine (Zanaflex®) 2-8 mg daily	Alpha-adrenergic agonist - Authors defer to collaborators, helpful for high tone pelvic floor muscles	Produces antihypertensive effects Treatment of spasticity	-Hypotension -Drowsiness -Xerostomia	Concomitant use of potent CYP1A2 inhibitors (e.g., fluvoxamine, ciprofloxacin)	Caution with drug interactions e.g., -Fluvoxamine -Ciprofloxacin
	Benzodiazepines (Valium®, Xanax®, Ativan®)  See above for compounded version	Benzodiazepine, with muscle relaxant effect, related to alcohol - Authors use in the acute setting, discourage long term use	Muscle relaxant	-Drowsiness -Hypotension -Diarrhea -Euphoria <sup>2</sup> . -In addition to typical side effects of muscle relaxants, diazepam can be habit-forming.	-Acute angle glaucoma -Myasthenia gravis -Hepatic & respiratory insufficiency <sup>2</sup> .	-Flumazenil <sup>2</sup> . -Alcohol
<b>Opioids</b>	Oxycodone (OxyContin®), Hydrocodone (Vicodin®), Codeine Meperidine (Demerol®) Morphine (Roxanol®) Methadone Hydromorphone (Dilaudid®) Tramadol (Ultram®) Fentanyl (Duragesic®, Onsolis®, Fentora®)	Opioids/ Synthetic Opiates - Authors discourage use except in the hands of experienced pain management specialists	Short-term pain control	-Constipation -Affect on cognition -Habit-forming		-Tylenol (as it is often mixed with opioids increasing the overall dose)

**Key:** All listed medications can be given orally unless specified. Select sources of information: <sup>1</sup>Lexicomp and <sup>2</sup>Micromedex Websites 2019. Doses listed above may vary, other side effects, contraindication, and drug interaction may exist.

Adapted with permission from Stern T and De EJB, *Facing Pelvic Pain*, Massachusetts General Hospital Psychiatry Academy, 2020.<sup>38</sup>

	Medication and Daily Dose Range	Medication Class and Author Experience	Therapeutic effect	Side Effects	Contraindications	Main Drug Interactions
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