



THE ART OF FEELING

LET INNOVATION RELEASE THE JOYS OF LIFE

Patient Treatment Diary

Unique glycosaminoglycan(GAG)
combination therapy with a physico-
mechanical action to help restore
the GAG layer ¹



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Food Diary

Why is diet important? ²

Diet is an important component when it comes to Interstitial Cystitis (IC)/ Bladder Pain Syndrome (BPS) or recurrent Urinary Tract Infections (rUTI).

Changing your diet has the goal of reducing acidity and inflammatory potential from the urine. This reduces any extra irritation on a compromised glycosaminoglycan (GAG) layer. Identifying those trigger foods and planning meals to avoid them may help your treatment course with **ialuril**[®], consequently helping to improve your symptoms.

Some examples of common trigger foods are:

- Spicy foods
- Alcohol
- Chocolate
- Tomatoes
- Artificial sweeteners
- Carbonated drinks
- Citrus fruits (eg. oranges or lemons)
- Caffeinated drinks (eg. coffee and energy drinks)

Everyone is different and foods that cause flare ups will also differ between people. By keeping a food diary and tracking your symptoms, you can potentially identify those triggers.

Food Diary

Keeping the below diary can help monitor how your symptoms are affected based on diet.

To download a food diary template, please go to our website www.ibsaurogynaecology.co.uk



ialuril® Food Diary

DAY: **Monday** DATE: **06/04/2026**

Note down details of food and drink
(please provide details of relevant ingredients, times and how much you've eaten)

Breakfast	Lunch	Dinner	Drinks
Toast, Jam Butter		Pasta Pesto	Coffee Milk
			Snacks
			Tangerine

Symptoms Details of symptoms (keep a tally or write a number)

Frequency	Urgency	Nighttime Urination	Pain Score	Other Notes
How many times a day do you urinate?	How many times in a day do you feel the sudden urge to urinate?	How many times do you urinate during the night?	How severe is your pain? 1 = No Pain 10 = Extreme	Any other or new symptoms?
 			3	

Job bag: UKIRL00037 Date of preparation: March 2026



Glossary ³

Visual Analogue Scale (VAS) pain score ⁴

VAS is a simple assessment tool to measure the levels of pain experienced using a scale of 0-10

Frequency

The number of time you urinate throughout the day.

Urgency

When you feel the sudden urge to urinate.

Nighttime urination

When you have to wake at night 1 or more times to urinate

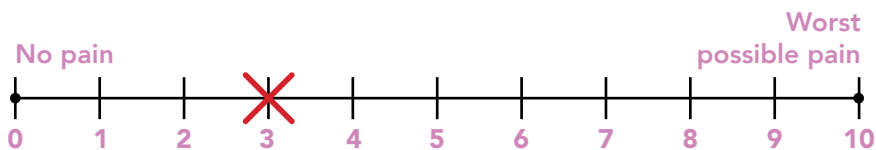
Urge Incontinence

When you urinate without meaning to. An immediate unstoppable urge to urinate, leading to involuntary leakage.

Tracking your pain

On the pre treatment and each course of treatment page add an X (example below) anywhere on the VAS pain scale to show your level of pain that you experience ...

This will help with monitoring your pain throughout treatment.





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Personal Details

Name:

Date of Birth:

Address:

Telephone Number:

Contacts

Hospital Patient Number:

Hospital Telephone Number:

Hospital Department:

Specialist Nurse Telephone Number:

Other useful contacts/information:

Pre-treatment Baseline

Date:

Current symptoms:

For recording the following symptoms, please note how many times a day on average you experience them:

Frequency (please add a number):

Urgency (please add a number):

Nocturia (please add a number):

Urge Incontinence (please add a number):

Pain

No pain

Worst possible pain



How are your current symptoms affecting your lifestyle?

Treatment

Treatment number:

Adapter Used: Y / N (please circle)

Date:

Nurse:

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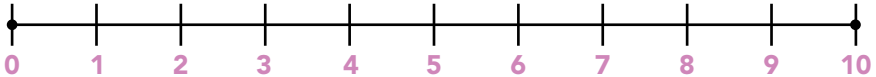
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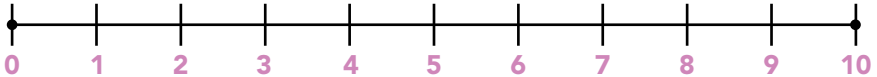
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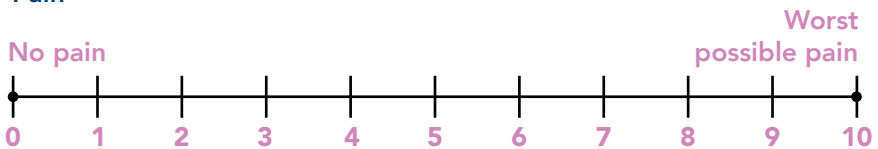
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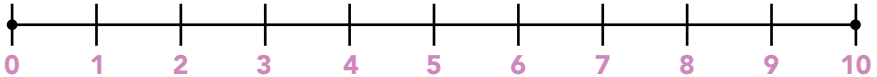
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Investigations and Results

Date:
Hospital:
Procedure:
Results
Follow up:

Date:
Hospital:
Procedure:
Results
Follow up:





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ONE OF THE
**WORLD
LEADERS**
IN HYALURONIC
ACID-BASED PRODUCTS

Operating
in over
90
COUNTRIES
on 5 continents



90
exclusive
patents
AND SEVERAL OTHERS
IN THE PIPELINE

The Art of Feeling

We develop solutions designed to support intimate and urological health, helping people reconnect with sensation, confidence, and closeness.

REFERENCES

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IBSA UK

Sullivan House, 4-6 Colonial Business Park,
Colonial Way, Watford WD24 4PR, UK
Phone: +44 1923 233 466

