

PubMed

Display Settings:  Abstract

J Urol. 1999 Feb;161(2):558-65.

## A randomized double-blind trial of oral L-arginine for treatment of interstitial cystitis.

Korting GE<sup>1</sup>, Smith SD, Wheeler MA, Weiss RM, Foster HE Jr.

### + Author information

#### Abstract

**PURPOSE:** Nitric oxide synthase activity is decreased in the urine of patients with interstitial cystitis compared to the urine of controls. In a preliminary trial oral L-arginine, the substrate for nitric oxide synthase, increased urinary nitric oxide synthase activity and improved interstitial cystitis symptoms. This randomized, double-blind, placebo controlled study further investigates the efficacy of L-arginine treatment for interstitial cystitis.

**MATERIALS AND METHODS:** A total of 53 interstitial cystitis patients were assigned to receive daily 1,500 mg. L-arginine or placebo orally for 3 months. Interstitial cystitis symptoms were assessed by interviews at 2 weeks, and 1, 2 and 3 months.

**RESULTS:** The trial was completed by 21 of 27 patients in the L-arginine group and 25 of 26 in the placebo group. Using per protocol analysis 29% (6 of 21 patients) in the L-arginine group and 8% (2 of 25) in the placebo group were clinically improved by the end of the trial ( $p = 0.07$ ). A Likert scale showed greater global improvement in the L-arginine group (48%, 10 of 21) compared to the placebo group (24%, 6 of 25) at 3 months ( $p = 0.05$ ) with a decrease in pain intensity ( $p = 0.04$ ), and tendency toward improvement in urgency ( $p = 0.06$ ) and frequency of pain ( $p = 0.09$ ). Using an intention to treat approach to analysis there were no differences between groups.

**CONCLUSIONS:** Oral L-arginine (1,500 mg. daily) may decrease pain and urgency in a subset of interstitial cystitis patients.

#### Comment in

Re: A randomized double-blind trial of oral l-arginine for treatment of interstitial cystitis. [J Urol. 2000]

PMID: 9915448 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms, Substances, Grant Support LinkOut - more resources [PubMed Commons](#)[PubMed Commons home](#)

 0 comments

[How to join PubMed Commons](#)