

CYSTITIS

Sometimes referred to as a bladder infection, cystitis is the inflammation of the lower urinary tract. The most common cause is infection, but cystitis may also be the result of an injury or irritation of the bladder lining. Cystitis may be brought on by a number of factors and sometimes the underlying cause is unknown. **Signs and Symptoms of Cystitis may include:** Pressure, burning, or stinging during urination; frequent urination; increased urge to urinate; Sensation of incomplete bladder emptying; mild lower abdominal or back pain; or blood in the urine; bad-smelling urine.

PYELONEPHRITIS

A bacterial kidney infection that often occurs as a complication to a bladder infection. Bacteria from the bladder travels up the ureters and into the kidneys. **Signs and Symptoms of Pyelonephritis may include:** Fever and chills, back pain on one or both sides or nausea and/or vomiting.

RISK INCREASES WITH

- Infection in other parts of the genitourinary system. Bacteria can reach the bladder from another part of the body through the bloodstream. Bacteria can enter the urinary tract from skin around the genital and anal area.
- Frequent or vigorous sexual activity.
- Pregnancy.
- Poor hygiene.
- Diabetes.
- Certain types of birth control. These can include a diaphragm that fits too tightly, contraceptive foams or vaginal suppositories that irritate the urethra, or a condom that is not lubricated.
- Urinary tract problems (tumors, calculi, or strictures), incomplete bladder emptying, or use of a urinary catheter.

PREVENTIVE MEASURES

- Urinate within 15 minutes after intercourse.
- Don't douche or use feminine hygiene sprays or deodorants. Avoid bubble baths.
- Clean the anal area after bowel movements. Wipe from the front to the rear, rather than rear to front.
- Wear underwear that has a cotton crotch.
- Avoid postponing urination.
- In women with frequent recurrence of infection, antibiotics may be prescribed for use after sexual intercourse.

EXPECTED OUTCOMES

- Curable in a few days to 2 weeks with treatment although recurrence is common and infection may become chronic.
- Some patients, such as those with high fevers, vomiting or underlying medical conditions may require hospital admission.

MEDICATIONS

- Urinary analgesics may be prescribed for pain. Some urinary analgesics turn the urine bright orange.
- It is important to drink adequate amounts of fluid each day.

Your doctor also recommends the following over-the-counter medications. These medications may offer significant symptom relief:

- ❑ For fever or pain use acetaminophen or ibuprofen.

(Acetaminophen and ibuprofen may also be alternated every 3 hours for persistent fever or pain.)

- Unless your doctor tells you differently, always finish the full course of your antibiotic prescription, even if you start to feel better.
- Antibiotics may interfere with the effectiveness of birth control pills. Use an alternative method of contraception for the remainder of the month after finishing your antibiotic prescription.

SEEK MEDICAL ATTENTION IF:

- You develop a fever higher than 100°F.
- Blood appears in the urine.
- Vomiting
- Increased pain
- Discomfort and other symptoms don't improve after you have taken the antibiotics for 48 hours.
- New, unexplained symptoms develop or symptoms recur after treatment.