

Can cystitis be prevented?

Things that may help prevent you from getting cystitis include:

- Drinking lots of water.
- Urinating as soon as you feel the need.
- Making sure you empty your bladder completely each time you urinate.
- Making sure you always wipe yourself from front to back after urinating (for females).
- Wearing cotton underpants (not nylon).
- Showering at least daily.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Cystitis

Emergency Department

King's Mill Hospital

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Sutton in Ashfield

Notts NG17 4JL

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Newark Hospital

Boundary Road

Newark

Notts NG24 4DE

Telephone: 01636 681681

What is cystitis?

Cystitis is inflammation of the bladder. It is most common in adult females, but it can also affect adult males and children.

It often gets better by itself but may sometimes be treated with antibiotics. Some people get cystitis frequently and may need regular or long-term treatment.

What are the symptoms of cystitis?

- The main symptoms of cystitis are:
- A strong, persistent urge to urinate (wee).
- Feeling pain or burning when urinating.
- Needing to urinate often.
- Passing only small amounts of urine each time.

- A dull ache or pain in your lower abdomen (belly).
- Urine that smells or looks cloudy or bloody.
- Pain above your pubic bone.
- Fever.

Signs that your child may have cystitis include:

- Having a high temperature.
- Being irritable.
- Wetting themselves when they were previously toilet trained.
- Reduced appetite.
- Being sick.

Investigations and treatment:

- A urine test (although this is not always needed).
- Antibiotics may be given – you must complete the course.

- Advice on painkillers, such as paracetamol or ibuprofen (always read the label for instructions on dosage).

Please see your GP if you have recurrent bouts of cystitis.

You must see your GP immediately or call 111 if you or someone else has cystitis and:

- A high temperature or feeling hot and shivery.
- A low temperature or shaking and shivering.
- Pain in the lower tummy or in the back, just under the ribs.
- Are confused, drowsy or have difficulty speaking.
- Are feeling or being sick.
- Have not had a wee all day.
- Blood in the wee.

These symptoms could mean you have a kidney infection, which can be serious if it's not treated.