

Bladder Infection/Urinary Tract Infection/Cystitis

Cystitis is an infection of the bladder. It is not a sexually transmitted disease, and it is not contagious. Bladder infections are more common in females. Recurrent infections may indicate the need for further studies.

SYMPTOMS

You may experience one or more of the following: pain or burning with urination, frequency or urgency of urination, cloudy or bloody urine and lower abdominal cramping. Back pain and fever may indicate that the infection has spread into the kidneys.

TREATMENT

Within 24-48 hours of starting antibiotics, your symptoms should be improved, but you should continue to take your medications until they are finished. Discontinuation may allow the surviving bacteria to re-grow, causing the symptoms to return.

If you were prescribed Pyridium to alleviate your symptoms, expect the urine to change color to orange or red. In addition to taking your medication, you should drink 10-15 glasses of liquid daily.

PREVENTION

The following factors may have contributed to the development of your urinary tract infection. If any of the following apply to you, consider making appropriate changes.

- Dehydration – (drink 6-8 glasses of water a day)
- Sexual intercourse – (urinate after intercourse)
- Occlusive clothing – (avoid spandex or nylon materials)
- Chemical irritants found in spermicide, douches, bubble bath
- Stool contamination – (wipe front to back)

IMPORTANT INSTRUCTIONS

- (1) Return for evaluation in 3 days if your symptoms persist.
- (2) Return promptly if you develop back pain or fever over 101.