

# **BLADDER INFECTION, FEMALE**

## **(Cystitis in Women)**

### **BASIC INFORMATION**

#### **DESCRIPTION**

Inflammation or infection of the urinary bladder.

#### **FREQUENT SIGNS AND SYMPTOMS**

- Burning and stinging on urination.
- Frequent urination, although the urine amount may be small.
- Increased urge to urinate.
- Pain in the abdomen over the bladder.
- Low back pain.
- Blood in the urine.
- Low fever.
- Bad-smelling urine.
- Painful sexual intercourse.
- Lack of urinary control (sometimes).
- Bed-

## **TREATMENT**

### **GENERAL MEASURES**

- Diagnostic tests may include urinalysis, careful urine collection for bacterial culture, cystoscopy (examination of the bladder with a lighted optical instrument) and ultrasound.
- Treatment is usually with antibiotics.
- Warm baths may help relieve discomfort.
- Pour a cup of warm water over genital area while urinating. It will help to relieve burning and stinging.

### **MEDICATIONS**

- Antibiotics to fight infection.
- Antispasmodics to relieve pain.
- Occasionally, urinary analgesics for pain.

### **ACTIVITY**

Avoid sexual intercourse until you have been free of symptoms for 2 weeks to allow inflammation to sub-side.

### **DIET**

- Drink 6 to 8 glasses of water daily.
- Avoid caffeine and alcohol during treatment.
- Drink cranberry juice to acidify urine. Some drugs are more effective with acid urine.

### **NOTIFY OUR OFFICE IF**

- You or a family member has symptoms of cystitis.
- Fever occurs.
- Blood appears in the urine.
- Discomfort and other symptoms don't improve in 1 week.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.
- Symptoms recur after treatment.

*Adapted from Instructions for Patients, Sixth Edition, H. Winter Griffith, M.D., W.B Saunders Company.*