

## When to see the doctor

### Women:

- If an attack of cystitis continues for more than a day or two and you have repeated episodes.
- You are pregnant (pregnant women are prone to kidney infections).
- You notice blood in your urine.
- You have other symptoms, for example vaginal discharge.
- You think you may have a sexually transmitted infection.

### Men:

- Should always see a doctor if they get cystitis.

## Treatment

Your doctor/nurse will ask you for a sample of urine to test, to find out if you have an infection. If you do have an infection you will be given a course of antibiotics. It is important to take the tablets as instructed and that you finish the course of treatment.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto: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

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

### Newark Hospital

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

Cystitis is a very common problem, which most women will have at least once during their life – some will have it repeatedly.

Men can get cystitis but it is much less common.

### **What is it?**

An inflammation or infection of the lining of the bladder.

### **What causes it:**

- Bacteria – those that normally live in the bowel. These can cause problems if they get into the urethra or bladder.
- Bruising/friction from sexual activity (sometimes called honeymoon cystitis).
- Irritation caused by perfumes, deodorants, shower gels or bubble bath.

### **Signs and symptoms – how do I know it's cystitis?**

You may have:

- A burning sensation when you pass water.
- The need to pass water more frequently, even though there may be very little to pass.
- There may be blood in your urine.
- Urine may be darker than usual or cloudy.

You may also:

- Have pain in your lower abdomen or back.
- Feel sick or generally unwell.

### **Can I avoid getting it?**

There are some things that help reduce the chance of getting it:

- Drink at least three pints of water each day.
- Go to the toilet as often as you need to.
- Each time you pass water, empty your bladder completely.
- After going to the toilet always wipe from front to back.

### **What can I do to get help when I get cystitis?**

- Drink a pint of liquid as soon as any symptoms occur. Then drink at least ½ pint of fluid.
- Some women find regular drinks of cranberry juice or barley water helps.
- Take 1g paracetamol (adults) or 400mg ibuprofen (caution in those with asthma, and this should not be taken by those with stomach ulcers).
- A hot water bottle wrapped in a towel between your thighs or on the lower back may help ease the pain.

### **Where to seek help**

- Your local pharmacist, who may advise you on appropriate treatment.
- Your own GP.
- NHS Choices website.
- Your local NHS Sexual Health (GUM) clinic.