

Cystitis is common in women. A 3 day course of antibiotics is a common treatment. It clears quickly without complications in most cases.

### What is cystitis?

Cystitis means inflammation of the bladder. It is usually caused by a urine infection. Typical symptoms are pain when you pass urine and passing urine frequently. You may also have pain in your lower abdomen, blood in your urine, and fever (high temperature).

Most urine infections are due to bacteria (bugs) that come from your own bowel. Some bacteria lie around your anus (back passage) after you pass a stool (faeces). These can sometimes travel to your urethra and into your bladder. Some bacteria thrive in urine and multiply quickly to cause infection. Women are more prone to cystitis than men as their urethra (the tube from the bladder that passes out urine) is shorter and opens nearer the anus.

About half of women have at least one bout of cystitis in their life. For many it is a 'one-off'. It is a recurring problem for some women.

### What is the treatment for cystitis?

- **Antibiotics.** A 3 day course is a common treatment. Symptoms usually improve within a day or so. See a doctor if symptoms are not gone, or nearly gone, after 3 days. (Some bacteria are resistant to some antibiotics. If symptoms persist it is usual to send a urine sample to the laboratory. This finds which bacterium is causing the infection and which antibiotics will kill it. A change of antibiotic is needed in some cases to clear the infection.)
- **Have lots to drink** is traditional advice to 'flush out the bladder'. However, there is no proof that this is helpful. Some doctors feel that it does not help, and drinking lots may just cause more (painful) toilet trips. So, it is difficult to give confident advice on whether to drink lots or just to drink normally.
- **Potassium citrate or sodium citrate** changes the acidity of the urine. They may help to ease symptoms but do not cure the infection. You can buy them at pharmacies without a prescription and are available in solutions or flavoured sachets.
- **Paracetamol or ibuprofen** ease pain or discomfort, and help to reduce high temperatures.
- **Not taking any treatment** is an option if you are not pregnant. In about half of cases, the symptoms go within 3 days without treatment. Your immune system can often clear the infection. However, if you are pregnant, antibiotics are advised to prevent possible complications.

## Patient Information Leaflet Trimethoprim

### What is Trimethoprim?

It is an antibiotic used to treat infections of the urinary tract.

Trimethoprim is available as tablets containing 200mg or a sugar free suspension containing 50mg in each 5ml spoonful.

### How should I take my medicine?

The usual dose is 200mg twice a day.

You should drink plenty of fluid while you are taking the tablets.

You may take Trimethoprim with food if it upsets your stomach.

You should take the medicine at regular intervals and complete the prescribed course unless otherwise directed.

### What are the side effects?

Trimethoprim may make you feel sick and it may also result in skin rashes and itching. If the side effects are troublesome please see your G.P.

### What if I miss a dose?

Take it as soon as you remember. However, if it is almost time for your next dose, do not take the missed dose and continue as usual.

### How should I store my medicine?

You should store your tablets in a cool dry place.

Always keep medicines out of the reach of children.

### How do I get further supplies?

You will be given 3 days medication from the pharmacy. You should not require any further antibiotics. If your symptoms persist, however, please contact your GP

**See a doctor if you have recurring bouts of cystitis to discuss ways of preventing it.**