

Emergency Department Bladder Infection

General Information

You have been diagnosed with an infection in your bladder. This is also called cystitis or a urinary tract infection (UTI).

It is almost always caused by bacteria that travel up the urethra into the bladder.

The most common symptoms are burning with urination, frequent urination, a constant urge to urinate, pain in the lower abdomen or lower back, fever or chills, and cloudy or bloody urine that has a foul smell.

Instructions

1. If medications have been prescribed by the doctor, take as directed, and take ALL of it.
2. Drink 6-8 glasses of water a day.
3. Empty your bladder frequently and completely. It is also a good idea to empty your bladder before and after sexual intercourse.
4. Take showers rather than baths. DO NOT use bubble bath or bath oils.

See your Family Doctor if:

- Your symptoms have not improved after 2–3 days.

Return to Emergency if any of the following develop:

- Fever, chills, or repeated vomiting.
- Pain in your mid/upper back or side.
- A rash.

Prevention

- Drink plenty of water and other liquids each day. This helps ensure that you urinate frequently, which flushes bacteria from your urinary tract.
- Urinate when you have the urge. Don't hold your urine for a long time.
- Avoid constipation.
- **Drink cranberry juice** or take cranberry pills

For more information or questions contact HealthLinkBC at 811.

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