



Self-care Information

Cystitis (Mild)

Tips on how you can self manage mild cystitis.

“Supporting you to look after you”

Key advice:

- Take paracetamol or ibuprofen.
- Drink plenty of water.
- Hold a hot water bottle on your tummy.
- Avoid having sexual intercourse.
- Speak to your local pharmacy for advice if needed.

What is cystitis?

Cystitis is inflammation of the bladder, usually caused by an infection. It is more common in women, and is not usually a cause for serious concern. A mild case will often get better by itself within a few days.

What are the symptoms?

- Pain, burning or stinging when you wee.
- Needing a wee more often than normal.
- Smelly, dark or cloudy wee.
- Pain low down in your tummy.
- Feeling generally unwell, achy, sick and tired.



Certain pharmacies can now supply treatment for a water infection to women aged 16-64.

Speak to your local pharmacy for more information.

Additional symptoms in young children may include a high temperature (fever) of 38°C or above, weakness, irritability, reduced appetite and vomiting.

How do I treat cystitis?

If you've had cystitis before and don't feel you need to see your GP, you may want to treat your symptoms at home.

Until you're feeling better, it may help to:

- Take paracetamol or ibuprofen.
- Drink plenty of water.
- Hold a hot water bottle on your tummy.
- Avoid having sex.



Let your pharmacist know if you take any other medicines, or if you are pregnant or breastfeeding, as this may affect which treatments you can use safely.

How do I avoid triggers?

You could try

- ✓ Having a shower rather than a bath.
- ✓ Going to the toilet as soon as you need a wee, and always empty your bladder fully.
- ✓ Drinking plenty of fluids.
- ✓ Wiping your bottom from front to back when you go to the toilet.
- ✓ Going for a wee as soon as possible after sexual intercourse.
- ✓ Wearing underwear made from cotton.



Try not to

- ✗ Use perfumed bubble bath, soap or talcum powder around your genitals.
- ✗ Wear underwear made from synthetic material such as nylon.
- ✗ Wear tight jeans or trousers.
- ✗ Use a diaphragm for contraception - you may want to use another method of contraception instead.



See your GP or call 111 if:

- Your symptoms don't start to improve within a few days.
- You get cystitis often.
- You have severe symptoms, such as blood in your urine, a fever, or pain in your side.
- You are confused, drowsy or have difficulty speaking.
- You are feeling, or have been sick.
- You have not been for a wee all day.
- You are pregnant and have symptoms of cystitis.
- You are a man and have symptoms of cystitis.
- Your child has symptoms of cystitis.

Here are some useful links to further information

NHS Website	https://www.nhs.uk/conditions/cystitis/
Patient Websites	https://patient.info/womens-health/lower-urinary-tract-symptoms-in-women-luts/cystitis-in-women https://patient.info/womens-health/lower-urinary-tract-symptoms-in-women-luts/recurrent-cystitis-in-women
Or visit your local pharmacy for advice	

