

Cystitis

Follow-up Advice	<ul style="list-style-type: none">• If symptoms do not resolve within 48 hours, seek medical advice• If loin pain or fever develops, urgent medical advice required – suspect Pyelonephritis
Counselling Points	<ul style="list-style-type: none">• Increase fluid intake• Wipe front to back after going to the toilet to avoid transferring germs• Try to empty the bladder when urinating• Attacks may be precipitated by use of fragranced products• Passing water following intercourse may also prevent recurrent attacks• Paracetamol or ibuprofen may help to alleviate the pain or discomfort• Cranberry juice or other cranberry products are not recommended as there is no good evidence to support their use for treating urinary tract infection.• Although urine alkalization has been traditionally used to relieve the symptoms of urinary tract infection, there is a lack of good evidence to support its use.