Uniklinikum
Würzburg

„Drink plenty, warmth, rest…"

Patient information
for urinary tract infections

What to do if you have a cystitis?

An antibiotic does not always have to be the answer!

RedAres

Observation of the drug prescription behaviour
in the treatment of patients with uncomplicated
urinary tract infection in outpatient care

Your family doctor has diagnosed a cystitis.

What does that mean?

You are suffering from a bacterial inflammation of the bladder/urea, which probably causes you one or the other of the following complaints:

▶ pain/burning during urination
▶ frequent urge to urinate with small urine portions
▶ bloody urine
▶ (crampy) lower abdominal pain

Women are more likely to suffer from an inflammation of the urinary bladder than men. Because their urethra is shorter, bacteria (especially intestinal germs) enter the bladder more easily from outside via the urethra.

Not all urinary tract infections have to be treated with antibiotics: More than a third heal after one week without antibiotics if the symptoms are treated.

What can I do myself?

Often **simple measures** are enough to relieve the symptoms:

▶ Drink plenty (e.g. tea)
▶ Warmth application (hot water bottle, heat cushion), rest
▶ Pain relievers, e.g. ibuprofen or cramp-relieving drugs (after consultation with your doctor or pharmacist)
▶ plant remedies, e.g. bearberry leaves

If your **symptoms or fever persist or increase**, you should consult your family doctor. In some cases, the prescription of an antibiotic will be necessary. It is essential that you take this in the indicated **dose** and **duration**.

If antibiotics are prescribed unnecessarily or inappropriately, they will increasingly stop having any effect. However, antibiotics are important drugs in the treatment of infections, their effectiveness should be maintained in the interest of all of us.

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DEGAM Patienteninformation: **„Brennen beim Wasserlassen"**