

Cystitis (Bladder Infection) What You Need to Know

What is Cystitis?

Cystitis is a bladder infection. The bladder is the part of your body that stores urine. Most women get cystitis at least once in their lives.

You may have some of these signs:

- Pain or burning when you urinate
- The need to urinate very often
- Sudden urge to urinate
- Blood in your urine

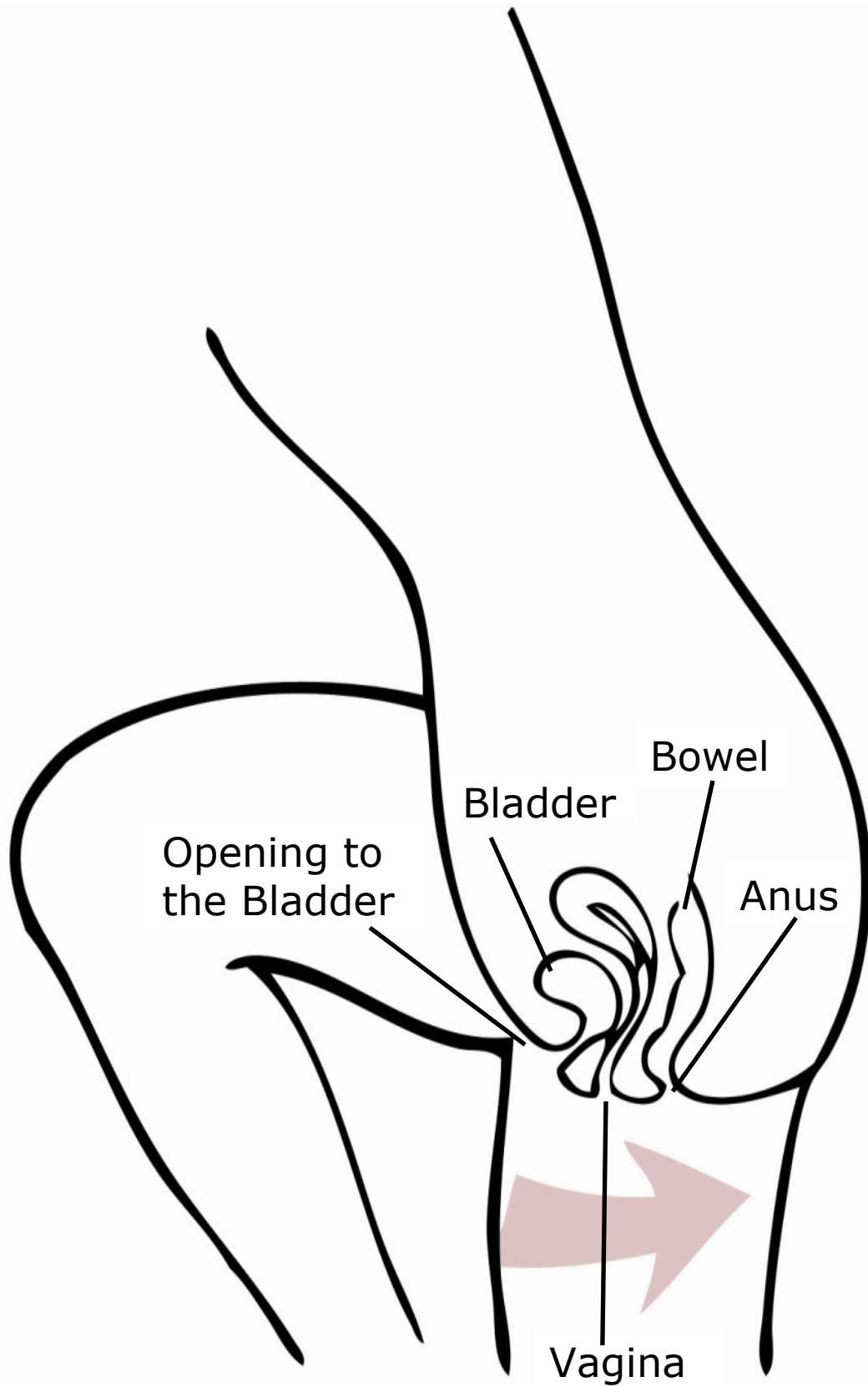
How did I get it?

The opening to your bladder is very close to your anus. Germs from your anus can get to your bladder and cause cystitis.

These germs are easy to spread by:

- The way you wipe yourself after you urinate or have a bowel movement
- Having sex

It is more common to get a bladder infection when you are pregnant than when you are not pregnant.



Always wipe from front to back.

What should I do?

Get treated.

Your Family PACT provider will give you medicine that will cure cystitis. It is important to take all of the pills as instructed.

If you think you may be pregnant, tell your provider before you start your treatment.

Follow all of your Family PACT provider's instructions.

- Take all of your pills, even if you feel better.
- Drink lots of water— 8 to 10 glasses every day.
- Urinate as often as you need to. Don't try to hold it.

- If you vomit the medicine or get a body rash, **call your clinic right away.**
- **Call your clinic right away** if you don't feel better in two days or if you have a fever, chills or back pain.
- **If you have problems breathing, call 911.**
- Your Family PACT provider may ask you to come back to the clinic to make sure the infection is completely gone.

Why should I get treated?

It is important to get treated for cystitis.

- If you don't, you may have serious problems, like a kidney infection.
- If you are pregnant, a bladder infection could cause your baby to be born too soon.

Protect yourself!

- **Take all your pills and follow your treatment plan.**
- **Wipe yourself from front to back** after you go to the bathroom. This helps keep germs from your anus away from the opening to your bladder.
- **Drink 8 to 10 glasses of water everyday.**
- **Urinate as often as you need to.** Don't hold it.
- **Urinate before and after you have sex.**
- **Always use a male or female condom when you have sex.** Your Family PACT provider can give you condoms and explain how to use them.
- **Ask your Family PACT provider about getting an HIV test.**
- **Ask your provider where you can get vaccines** that help protect against Hepatitis B and HPV infections.

Resources

For information about the Family PACT program and providers near you, call 1-800-942-1054 or visit www.familypact.org.