

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Cystitis



## Cystitis

If you have cystitis (inflamed bladder), you will probably feel as if you need to pass urine all the time, even though you have just been, but when you try to not a lot comes out. You will probably also find that when you do pass urine, it looks 'stronger' than normal and it stings.

### If you know that you are prone to Cystitis

#### You should:

- ✓ Make sure that you have a good wash after you have been to the toilet or had sex.
- ✓ Always try to pass urine just before or just after you have sex.
- ✓ Drink a lot of water after drinking alcohol.

#### You should not:

- ✓ Wear tight trousers, jeans or nylon underwear.
- ✓ Have sex 3-4 days before you have a period.
- ✓ Drink alcohol very often.

## When you get Cystitis

#### You should:

- ✓ Try putting a teaspoonful of bicarbonate of soda in the water you drink – it might help to stop the burning.
- ✓ Put a hot water bottle on your tummy.
- ✓ Drink 2-pints of water every hour.
- ✓ Put your feet up and rest.
- ✓ Take painkillers such as Ibuprofen or Paracetamol (both are available at chemists) to relieve the pain.

#### Books that might be useful

*Understanding Cystitis*

By Angela Kilmartin

*Sexual Cystitis*

By Angela Kilmartin