

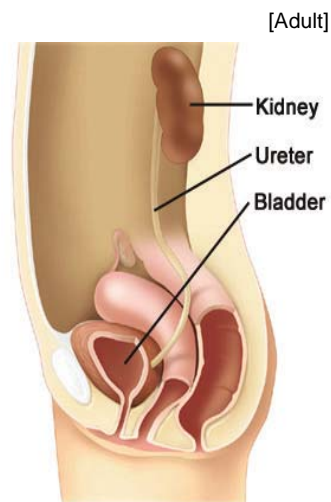
## Discharge Instructions

### BLADDER INFECTION, Female

A bladder infection ("cystitis" or "UTI") usually causes a constant urge to urinate and a burning when passing urine. Urine may be cloudy, smelly or dark. There may be pain in the lower abdomen. A bladder infection occurs when bacteria from the vaginal area enter the bladder opening (urethra). This can occur from sexual intercourse, wearing tight clothing, dehydration and other factors.

#### **HOME CARE:**

- 1) Drink lots of fluids (at least 6-8 glasses a day, unless you must restrict fluids for other medical reasons). This will force the medicine into your urinary system and flush the bacteria out of your body.
- 2) Avoid sexual intercourse until your symptoms are gone.
- 3) Avoid caffeine, alcohol and spicy foods. These can irritate the bladder.
- 4) A bladder infection is treated with antibiotics. You may also be given Pyridium (generic = phenazopyridine) to reduce the burning sensation. This medicine will cause your urine to become a bright orange color. The orange urine may stain clothing. You may wear a pad or panty-liner to protect clothing.



#### **PREVENTING FUTURE INFECTIONS:**

- 1) Always wipe from front to back after a bowel movement.
- 2) Keep the genital area clean and dry.
- 3) Drink plenty of fluids each day to avoid dehydration.
- 4) Both sexual partners should wash before intercourse.
- 5) Urinate right after intercourse to flush out the bladder.
- 6) Wear cotton underwear and cotton-lined panty hose; avoid tight-fitting pants.
- 7) If you are on birth control pills and are having frequent bladder infections, discuss with your doctor.

**FOLLOW UP:** Return to this facility or see your doctor if ALL symptoms are not gone after three days of treatment.

**RETURN PROMPTLY** or contact your doctor if any of the following occur:

- Fever over 100.0°F (37.8°C)
- No improvement by the third day of treatment
- Increasing back or abdominal pain
- Repeated vomiting; unable to keep medicine down
- Weakness, dizziness or fainting
- Vaginal discharge
- Pain, redness or swelling in the labia (outer vaginal area)