

Discharge Instructions

BLADDER INFECTION: Male

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 also be pain in the lower abdomen.

Cystitis in males is not common. It may be caused by a partial blockage in the urinary system that keeps the bladder from emptying completely. This is most often related to an enlarged prostate gland.

HOME CARE:

- 1) Drink lots of fluids (at least 6-8 glasses a day). This will flush the bacteria out of your bladder.
- 2) Avoid sexual intercourse until your symptoms are gone.
- 3) Avoid caffeine, alcohol, and spicy foods. They could irritate the bladder.
- 4) A bladder infection is treated with antibiotics. You may also be given Pyridium (generic - phenazopyridine) to reduce burning with urination. This will cause urine to become a bright orange color, which can stain clothing.

FOLLOW UP with your doctor or this facility if ALL symptoms have not cleared within five days. It is important to keep your follow up appointment to discuss with your doctor the need for further tests of the urinary tract.

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

