**WELTON FAMILY HEALTH CENTRE**

**What do I do about?**

**Cystitis**

**If men or children develop cystitis symptoms they should arrange an appointment to see the GP. Women should also make an appointment if they are getting recurrent symptoms, more than three times a year. You should also arrange an appointment to see the GP if you have the symptoms of cystitis and:**

1. **You are pregnant**
2. **You develop a high fever**
3. **You have an indwelling catheter.**
4. **You have diabetes**
5. **You have an illness which affects the immune system or on drugs which may affect this**

**Symptoms of cystitis include the following:**

1. **Passing urine frequently, often small quantities at a time.**
2. **Pain (usually burning or stinging) when you pass urine.**
3. **Cloudy, dark or strong smelling urine.**
4. **Pain in the lower abdomen or back**
5. **A slight temperature. You may also feel slightly unwell**

 **Symptoms of cystitis will usually settle down after 4-7 days even without treatment. Self help remedies may include the following:**

1. **Drink plenty of water. Avoid alcohol, coffee and tea in large amounts.**
2. **Use over the counter painkillers such as Paracetamol and Ibuprofen to treat the pain and discomfort.**
3. **Occasionally using alkalising agents such as sodium bicarbonate or potassium citrate may help relieve the pain when you pass urine.**