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CYSTITIS

Source: [sundhed.dk](https://www.sundhed.dk)

<https://www.sundhed.dk/borger/patienthaandbogen/nyrer-og-urinveje/sygdomme/urinvejsinfektioner/blaerebetajende-hos-raske-kvinder/>

Facts

Cystitis is an infection of the bladder. It is caused by bacteria that enter the bladder through the urethra

The typical symptoms of cystitis are: It hurts when you let the water (pee), feeling of not emptying the bladder completely and you have to let the water more often. The same symptoms may be due to other than bacteria

- Your doctor will usually examine your urine for bacteria when you contact you
- Cystitis in healthy women is harmless and often goes away on its own without treatment

Cystitis can also be treated with antibiotics

- In rare cases, cystitis can develop into pelvic inflammatory disease which causes high fever and back pain

What is cystitis?

Cystitis (also called cystitis) is an infection of the urinary bladder, a urinary tract infection that in healthy women is caused by bacteria.

Bacteria thrive well in body-warm urine, and they multiply rapidly when they enter the bladder. Eventually, these bacteria will lead to an inflammation of the mucous membrane that lines the inside of the bladder. The mucous membrane becomes red and irritated, and the entire bladder becomes irritable. This leads to contractions in the bladder, even if it is not full.

One will typically get frequent small urinations. These can hurt as a result of soreness and inflammation of the urethra and bladder mucosa.

Many people get burning and a feeling of warmth in the abdomen after they have let the water (pee).

What are the symptoms of cystitis in women?

The typical symptoms are:

- It hurts when you let the water (pee)
- You must let the water more often
- You may have an increased urge to let the water
- It may feel like the bladder is not completely emptied when urinating
- There may be blood in the urine

What symptoms should you pay special attention to?

If you have frequent urge to urinate (urinate) and it hurts when you urinate, you may have a cystitis. If you get a high fever and low back pain, you may have pelvic inflammatory disease.

How is the diagnosis made?

The doctor makes the diagnosis via your description of the symptoms and by examining the urine. Sometimes the diagnosis can be made the same day that you contact. Other times, one has to do urine culture that takes one to several days.



What Causes Cystitis In Women?

Cystitis can occur when bacteria enter the bladder. It is almost exclusively bacteria from the gut that cause cystitis, and 3 out of 4 cases are due to the bacterium E. Coli. The bacteria can enter the bladder by migrating from the skin into the urethra and into the bladder.

With increasing deficiency of the hormone estrogen during menopause, the mucous membrane in both the vagina and urinary tract becomes dry, thin and less resistant to bacteria. The possibility of an infection therefore increases during this period.

During intercourse (sex), bacteria can be forced into the urine from the area around the opening of the urethra. It is therefore not uncommon for cystitis to occur after sex (intercourse).

Is Urinary Tract Infection In Women?

Cystitis does not spread to others.

Is Cystitis In Women Hereditary?

Isolated cases of cystitis are common and not hereditary, but recurrent cystitis is hereditary.

How to treat cystitis in women?

Cystitis can be treated with antibiotics when one is sure that the symptoms are due to bacteria.

However, you can also wait and "look at" while drinking plenty of fluids.

You can treat the symptoms with common over-the-counter painkillers such as panodil or ibuprofen - however, it is not quite as effective as antibiotics. However, ibuprofen should not be taken as there is some evidence that it increases the risk of pelvic inflammatory disease.

What can I do?

When you have a cystitis, you should drink plenty and take over-the-counter painkillers.

How do I avoid getting or worsening cystitis?

There is not much you can do yourself to prevent cystitis.

Good advice such as drinking plenty every day, urinating frequently, wearing cotton underpants or urinating after sex have not been scientifically proven to prevent cystitis. However, there are some women who think it works well - and it hardly hurts.

However, spermicidal cream seems to increase the risk of cystitis. This should not be used if you have a tendency to cystitis.

How does the disease develop?

Without antibiotics, approx. 1/4 feel completely healthy after 1 week. With antibiotics, about 2/3 will feel completely healthy after 1 week.

Is Cystitis In Women Dangerous?

Cystitis is harmless and does not affect the ability to have children.

In rare cases (about 1 in 1000), cystitis can develop into pelvic inflammatory disease. The risk of this is slightly higher if one does not take antibiotics.

How common is cystitis in women?

Half of all women will get at least one cystitis or pelvic inflammatory disease during their lifetime.

Can I get cystitis more than once?

30-44% of all women who have had a cystitis will get it again, often within 3 months.