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Cystitis Symptoms and Advice for You by [Maria Bantellis](#)

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Cystitis is an infection or inflammation of the bladder affecting approximately four out of five women in their lifetime. Cystitis Symptoms should be easily recognisable and if treated early, should be easily resolved. The infection usually only affects the bladder; however, if left untreated the problem can escalate causing discomfort and possibly more serious issues in the upper urinary tract and kidneys. In these cases, advice from a GP should be sought.

How can I try and prevent it?

If you suffer recurring bouts of cystitis you could consider the following in order to try to prevent it:

Drink more water

Drinks plenty of water to frequently flush out your bladder. You are well hydrated if your urine is the colour of straw, anything darker means you need to drink more fluids.

Good Bacteria

In many cases, women can overcompensate and wash their genital area far too often, causing more harm than good. Over-cleaning "down there"™ may alter the normal healthy balance of protective mucus and good bacteria, which may allow the bad bacteria to thrive. Washing gently, once a day is sufficient. Additionally, poor toilet hygiene, such as wiping from front to back, could possibly lead to cystitis.

Underwear

Where you can, wear cotton underwear and change daily.

Avoid tight-fitting trousers and tights, which create warm, moist, airless conditions, especially around your genitals. Such areas are a breeding ground for bad bacteria.

What symptoms will I experience?

The most common symptoms of cystitis are:

• Burning or stinging sensations when you pass urine

• A frequent urge to urinate

• Feeling that you can't fully empty your bladder

More serious symptoms may include:

• Blood in urine

• Abdominal pain or backache

• Fever, temperature and weakness

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Maria Bantellis is a health writer covering topics such as a [cystitis symptoms](#) and treatment.

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