

BLADDER INFECTION, MALE

(Cystitis in Men)

NOLENSVILLE FAMILY MEDICINE
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BASIC INFORMATION

DESCRIPTION

Inflammation of the urinary bladder. It can occur at any age. After age 50, men are affected more often, due to prostate problems.

FREQUENT SIGNS AND SYMPTOMS

- Burning and stinging when you urinate.
- Urinating more often. The amount of urine may be small.
- Feeling like you need to go even when your bladder is empty.
- Pain in the pubic area.
- Discharge from the penis.
- Low back pain.
- Blood in the urine.
- Low fever.
- Urine that smells bad.
- Not being able to control urination.

CAUSES

Usually a bacterial infection. The infection may start in other parts of the genital or urinary system (such as the kidney or prostate). The bacteria may also enter the bladder from skin around the genitals and anus.

RISK INCREASES WITH

- Blockage in the urinary tract. This may be due to kidney stones or tumor.
- Enlarged prostate gland.
- Lack of circumcision (foreskin can harbor bacteria).
- Injury of the urethra (tube that carries urine from bladder).
- Use of a catheter to empty the bladder, such as following surgery.
- Defects in the urinary tract.
- Certain illnesses, such as diabetes.

PREVENTIVE MEASURES

- Drink at least 8 glasses of fluid a day.
- Use a latex condom during sex. This can help prevent the spread of any infection.
- Avoid the use of catheters, if possible.
- Urinate when you feel the urge, empty the bladder completely, and keep the genital area clean.
- Get medical care for any prostate infection.

EXPECTED OUTCOMES

- Usually curable with treatment.
- Complicated infections in males are sometimes more difficult to treat. The bacteria involved are often resistant to the commonly prescribed drugs.

POSSIBLE COMPLICATIONS

- Recurrent or chronic bladder infections.
- Kidney infection.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider will usually do a physical exam and ask questions about your symptoms. Medical tests include urine studies. Additional tests may be done to rule out other disorders.
- Treatment is usually with drugs, or sometimes surgery if a physical defect is the cause.
- Warm baths may provide relief from symptoms.
- To learn more: National Kidney Foundation, 30 E. 33rd St., Suite 1100, New York, NY 10016; (800) 622-9010; website: www.kidney.org.

MEDICATIONS

- Drugs for bacterial infection are usually prescribed. To be sure of a cure, finish the entire prescribed dose even if symptoms improve. If infection recurs, drug therapy for 6 months to 2 years may be recommended.
- Drugs to relieve painful urination symptoms may be prescribed.

ACTIVITY

- Reduce activities as needed until symptoms improve.
- Avoid sexual intercourse until you have been free of symptoms for 2 weeks.

DIET

- Drink at least 8 glasses of fluid daily. Avoid citrus juice, caffeine, and alcohol. They can irritate the bladder.
- Drink cranberry juice if recommended by your health care provider.



NOTIFY OUR OFFICE IF

- You or a family member has symptoms of a bladder infection.
- Fever develops.
- Blood appears in the urine.
- Symptoms don't improve in one week.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.
- Symptoms return after treatment.

Special notes:

More notes on the back of this page