

BLADDER INFECTION, MALE

(Cystitis in Men)

BASIC INFORMATION

DESCRIPTION

Bladder infection (cystitis) is an infection of the urinary bladder (the organ that stores urine). It can occur at any age. After age 50, men are affected more often, due to prostate problems.

FREQUENT SIGNS & 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 or low back pain.
- Discharge from the penis.
- Blood in the urine.
- Low-grade fever.
- Urine that smells bad.
- Not being able to control urination.

CAUSES

The most common cause is bacteria (or germs) from the skin near the rectum and genitals. The germs spread into the urethra (tube that goes from the bladder to the outside). The germs then travel to the bladder and cause irritation and inflammation. Prostate problems in older men add to the cause.

RISK INCREASES WITH

- Blockage in the urinary tract. This may be due to kidney stones or tumor.
- Enlarged prostate gland.
- Poor hygiene.
- Lack of circumcision (foreskin can harbor bacteria).
- Aging and its associated conditions.
- Use of a catheter to empty the bladder.
- Failure to completely empty the bladder.
- Defects in the urinary tract.
- Anal intercourse or intercourse with infected woman.
- Diabetes or weak immune system.

PREVENTIVE MEASURES

- Drink plenty of fluids daily.
- 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.

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 is recurrent, 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 plenty of fluids daily.

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.