

Self Help Tips for Cystitis

Patient Information
Leaflet

Self Help Tips for Cystitis

The Radiotherapy which you are receiving to your Pelvis may cause a side effect referred to as cystitis.

Cystitis is a burning sensation when passing urine. This is a normal reaction to the treatment.

You may be asked by the doctor or radiographers to give a urine sample, this is to rule out the possibility of there being an infection.

If you are suffering from cystitis then there are some measures you can take at home to ease the discomfort.

- Put a teaspoon of **baking soda** in a pint of water, taken once a day.
- **Avoid** caffeine (tea and coffee), acidic or spicy foods, citrus fruits, alcohol and chocolate.
- Drink half-a-pint of **water** every 20 minutes to flush bacteria out, (to a maximum of 3 litres daily) plus a daily glass of **cranberry juice**.
- To relieve the pain, take some of your normal painkillers at the dose stated on the packet.
- Go to the Chemist, Pharmacy or supermarket and ask for an over-the-counter remedy for Cystitis.

After Treatment Care

If you have any unexpected side effects or problems after you have finished your treatment then you can contact a radiographer by ringing the Radiotherapy Department on

01743 261179

Further Information

This is a time when you may be experiencing all kinds of emotions. The Hamar Help and Support Centre offers support for you and your family or carers. The staff at the Centre provide information, help and specific counselling to suit your individual needs.

Please feel free to discuss any concerns with your Oncologist or Treatment and review Radiographers. They can also provide you with further information about local and national support groups.

Further information is available from; Patient Advise and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital

Tel: 0800 783 0057

or 01743 261691

Princess Royal Hospital

01952 282888

HELPFUL TELEPHONE NUMBERS

Ward 23, Royal Shrewsbury Hospital

01743 261423

Radiotherapy Treatment

01743 261179

Hamar Help and Support Centre

01743 261035

Macmillan Information & Support Services

01743 261000

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