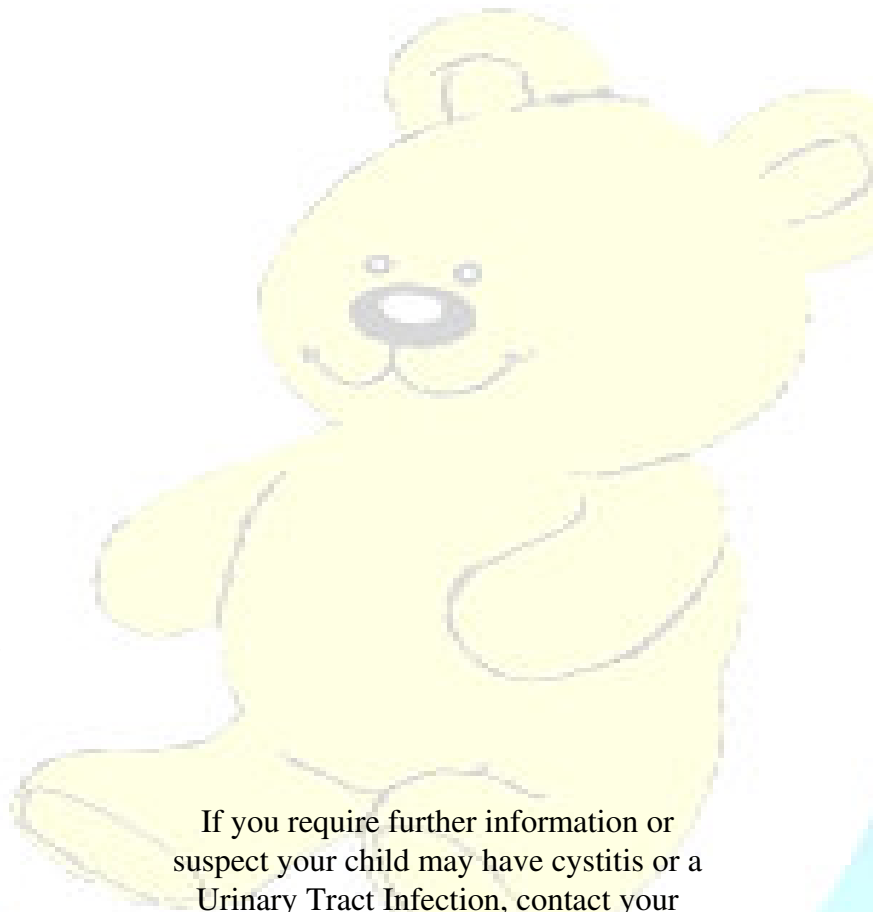


Prevention and Treatment continued

- Encourage a good healthy diet rich in fibre to avoid constipation. Constipation can make symptoms worse and children may come to dislike going to the toilet.
- Avoid scented bath products as these may irritate the bladder. It is recommended that at bathtime a capful of savlon or dettol should be used in the bath water to ensure cleanliness.
- Encourage girls to clean from “front to back” after going the toilet. This will help to avoid germs travelling from the “back passage” to the urine tube.
- Have a separate wash cloth when washing the skin around the “bum”.
- Depending on the severity of the cystitis, your child may need an antibiotic to help clear any “bugs” or bacteria present.
- Have your child go to the toilet before getting ready for bed and to go again just before getting into bed. This is known as “double voiding” and helps empty the bladder fully.



If you require further information or suspect your child may have cystitis or a Urinary Tract Infection, contact your family doctor. Alternatively you can contact a member of the Children’s Urology Nursing Team, in the National Children’s Hospital, Tallaght

Phone 4142000 Bleep 7309

Developed by the nursing staff in the Children’s X-Ray Department support from Nursing Practice Development Co-ordinator, The National Children’s Hospital, Tallaght, Dublin 24.

November 2007

Cystitis in Children

A Guide for Parents/Guardians



THE ADELAIDE & MEATH HOSPITAL, DUBLIN
INCORPORATING THE NATIONAL CHILDRENS HOSPITAL



Statement of Values

Respect - Caring - Openness - Partnership - Teamwork
Fairness & Equality

What is cystitis?

Cystitis is a common childhood condition. It is inflammation of the inside lining of the bladder. The most common cause of cystitis is when bacteria enters the urethra (or urine tube) and travels to the bladder. If the bladder is not emptied fully when going to the toilet these germs can multiply. When the germs travel to the kidneys it is called a urinary tract infection or UTI. It is more common in girls than in boys due to girls having a shorter urethra (urine tube) and the tube's closeness to the bowel or back passage. This can lead to bugs travelling from the back passage to the urine tube and up into the bladder.

Signs and Symptoms

Pain and stinging sensation when passing urine.

Needing to “wee” more frequently and urgently, but only passing small amounts.

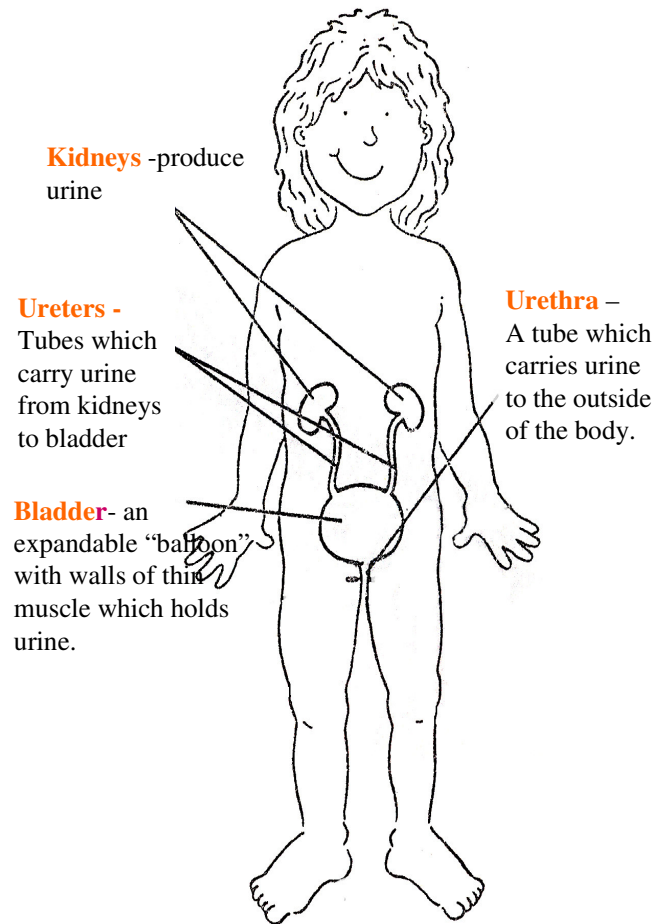
Urine which is dark, cloudy, strong smelling and could contain traces of blood.

Pain in the tummy or in the lower back may be present.

Bedwetting may occur in children who have previously been toilet trained.

A fever or high temperature.

Reduced appetite may be present and sometimes vomiting may occur.



Prevention and Treatment

- There are a number of ways to help alleviate and prevent cystitis
 - Drink plenty of fluids during the day, especially water. Aim to drink 8-10 cups if possible.
 - Try to avoid tea, coffee or fizzy drinks as these can irritate the bladder.
 - Drinking cranberry juice may help prevent cystitis. It is thought that cranberry juice helps to stop bacteria sticking to the wall of the bladder and helps “flush out the bladder”
 - When using the toilet, ensure your child is relaxed, not leaning forward but sitting back fully on the toilet to encourage the bladder to empty completely.
 - Counting to 20 slowly while on the toilet can also help to ensure the bladder empties completely. (Try counting 1 elephant, 2 elephants etc)
 - Encourage going to the toilet frequently during the day (6-8 times)
 - Go to the toilet whenever you have the urge to go, don't hang on.
 - Children should change their underwear daily to help keep the area around the bottom as clean as possible. Loose fitting, cotton underwear is preferred to avoid irritation and sweating.