

Rationale

- Mild cystitis cases can be defined as those that are responsive to symptomatic treatment but will also clear up on their own. If symptoms do not improve within 3 days, despite self care measures, then the patient should be advised to see their GP.
- Symptomatic treatment using products that reduce the acidity of the urine to reduce symptoms are available, but there is a lack of evidence to suggest they are effective.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- Advise patients of safe and effective self-care measures:
 - Using a hot water bottle on the stomach, back or between the thighs.
 - Rest and drink plenty of fluids – this helps the body to flush out the bacteria
 - Wipe from front to back after using the toilet
 - Take painkillers e.g. paracetamol or ibuprofen
 - Avoid sex and urinate frequently
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
 - When 'red flag symptoms' (signs of kidney infection) such as pain in the lower back, fever, diarrhoea and vomiting are present.
 - Symptoms have not cleared up after 3 days.
 - If the patient is elderly, pregnant, male or a child
 - If blood is present in the urine.
 - If symptoms return after treatment.

Example of products available to buy over the counter*

Paracetamol (tablets) - **Not licensed for under 10 years (25p-£3 for 16 tablets/capsules)**
Paracetamol (suspension) – **Not licensed for under 2 months (£2.50-£4.50 for 100ml)**
Ibuprofen (tablets) – **Not licensed under the age of 12 years. (35p-£4.00 for 16 tablets/capsules)**
Ibuprofen (suspension) – **Not licensed for under 3 months (£2.50-£4.00 for 100ml)**

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/> *Prices correct at time of writing and are subject to change

