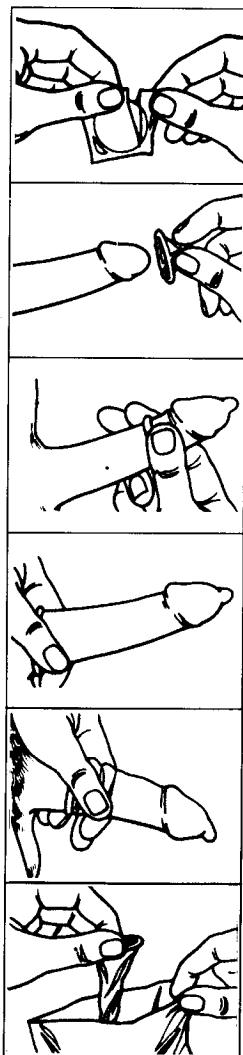


USING CONDOMS

1. Talk to your partner about using condoms beforehand.
2. Check the "use by" date on the back of the packet.
3. Practise using condoms beforehand. Try different types for size and comfort.
4. Put the condom on before sexual contact. Don't snag it with rings or fingernails.
5. Roll it all the way to the base of the penis.
6. Hold on to the rim of the condom when you withdraw.
7. Use water-based lubricant such as KY Jelly or Wet Stuff. Don't use oil-based lubricants such as vaseline or baby oil (these perish the rubber).
8. Dispose of the condom into a rubbish bin, not down the toilet.



Diagrams by courtesy of
National Advisory Committee
on AIDS

NSW SEXUAL HEALTH SERVICES

Providing free and confidential
sexual health care.

Albury	Ph: (02) 6058 1831
Balranald	Ph: (03) 5027 2345
Bourke	Ph: (02) 68722145
Broken Hill	Ph: (08) 8088 5800
Canterbury	Ph: (02) 9718 7655
Coffs Harbour	Ph: (02) 6659 1916
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 6822
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3470
Katoomba	Ph: (02) 4780 6060
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 68291022
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6361 9906
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4724 2507
Port Kembla	Ph: (02) 4276 2399
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Sydney City	Ph: (02) 9382 7440
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6551 1315
Wagga Wagga	Ph: (02) 6938 6492

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

Cystitis

**SYDNEY
SEXUAL
HEALTH
CENTRE**

and ACADEMIC UNIT in SEXUAL HEALTH MEDICINE
University of Sydney/University of New South Wales

What is cystitis?

The word cystitis means inflammation of the urinary bladder. Cystitis is usually caused by a bacterial infection. However, similar symptoms can temporarily be caused by: physical irritation of the urethra e.g. sexual intercourse; chemical irritation e.g. perfumes, vaginal sprays; or ulcers e.g. herpes near the urethra.

What are the symptoms?

The symptoms of cystitis include any or all of the following:

- dysuria (a burning feeling during or immediately after passing urine)
- urgency (a need to pass urine without delay)
- frequency (passing small amounts of urine more frequently)
- smelly urine
- lower abdominal pain which is usually central. (Pain in the central back may indicate that the infection has gone up to the kidneys)
- nocturia (having to repeatedly get out of bed to pass urine)

What causes cystitis?

A variety of factors may cause the urinary bladder to become infected. These include:

- Anatomical variations e.g. congenital differences or changes induced by previous child birth.
- Failure to adequately empty the bladder, either as a result of habit or incomplete bladder function.
- Positions during sexual intercourse that traumatise the woman's urethra.
- Infections coming down from the kidneys.
- Other reasons which are poorly understood, but are most common.

How is cystitis treated?

Cystitis is treated by taking a course of antibiotics. This requires visiting a doctor and having a urine test performed. It is sometimes necessary to repeat the urine test after treatment is completed to ensure the infection has resolved. To help with severe symptoms, take a urine alkaliser e.g. 1 teaspoon of bicarbonate of soda in a glass of water or Ural/citruvessent sachets which can be obtained from a chemist. Recurrent cystitis may require avoiding trigger factors, further investigations or prolonged courses of antibiotics.

What can a person do to help prevent cystitis?

- Avoid delaying urinating and ensure the bladder is as empty as possible.
- Women should always wipe from the front (vagina) to the back (anus) after urinating.
- Some women find urinating immediately after sexual intercourse may help prevent cystitis.
- Drink plenty of water (2 litres a day) which will help urine turnover.



SYDNEY HOSPITAL
EASTERN SYDNEY AREA
HEALTH SERVICE