

Cystitis during pregnancy

Question

I am nine weeks pregnant and my friends told me that the risk of cystitis increases during pregnancy.

Do you think I will suffer from cystitis during my pregnancy and can it result in a premature labour?

Answer

Cystitis is more common during pregnancy. The action of hormones results in changes in the urinary tract. The tubes that carry urine from the kidneys to the bladder (ureters) and the bladder become relaxed and dilated, and there is an increased tendency to infection.

Some women will have an infection and no symptoms. For this reason urine is tested at each antenatal examination to see if there is any infection, diabetes or pre-eclampsia present.

Drinking a lot of water and passing urine when necessary reduces the risk of the urine infection.

Some symptoms of cystitis are: going to the toilet more often and a stinging or burning sensation when you pass urine.

The stinging sensation may be caused by an infection or vaginal infections such as thrush. (candida albicans).

It is not possible to say if you are going to suffer with cystitis during pregnancy. Frequent urination is one of the normal signs of early pregnancy, but if you feel pain when passing urine or have fever you should see your gynaecologist.

If there is evidence of an infection, you will be treated with antibiotics because there is a risk that the urine infection (when not treated) may result in miscarriage or premature labour.

Yours sincerely, The Medical Team

ACTIVITIES:

- 1) check the meaning of underlined words in your dictionary
- 2) ask your partner these questions:
 - What is the name for diabetes in pregnancy?
 - How is this type of diabetes diagnosed?
 - Can the baby be affected?
 - What is the treatment?