

# Bladder infections on (diving) trips

Inflammation of the genito-urinary tract is by far the most common illness in the field of urology and is a common clinical picture when travelling. Bladder infections (cystitis) in women are most common. First and foremost, they are painful and are also associated with frequent urination. Acute inflammation is usually caused by bacteria. The cold, hygiene problems and not urinating frequently enough are the greatest risk factors when travelling and also when diving. Simple, uncomplicated urinary tract infections occur most frequently in women due to the anatomic conditions in the genito-urinary tract. If the germs spread in the direction of the kidneys, this can lead to rare but serious kidney infections with a high fever.

Taking on plenty of fluids is recommended for uncomplicated urinary tract infections. Phytotherapy (e.g. using Canephron Uno or Femannose) is also indicated. If symptoms persist, an oral antibiotic is recommended.

Exposure to cold temperatures when travelling, particularly when diving, can generally be expected to worsen symptoms. This means that, as with any other acute illness, diving should be avoided if there is any acute bacterial inflammation of the urinary tract (e.g. bladder infection).

As a preventative measure, warm and dry clothing should always be worn and e.g. swimwear should always be changed. Draughts and sitting on cold surfaces and cold feet should also be avoided to prevent urinary tract infections.

For so-called honeymoon cystitis (i.e. more frequent sexual intercourse on holiday) as a possible cause of a bladder infection, abstinence is naturally recommended in addition to the treatment options mentioned above.



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