Prostatitis

Prostatitis is an infection or injury of the prostate gland. This gland is located at the base of the bladder. Prostatitis is usually caused by the same bacteria that cause kidney and bladder infections. It can also be due to bacteria picked up by sexual contact. Symptoms of this condition include: chills, fever, low back or groin pain. There may also be an urge to urinate frequently with difficulty emptying the bladder. **Treatment of acute prostatitis includes:**

- **Antibiotic drugs for 2-4 weeks. Pain medicine may also be needed.**
- **Rest for 2-4 days and try warm sitz baths several times daily.**
- **Increased oral fluids. Avoid coffee, alcohol, and spicy foods which irritate the urethra.**

Prostatitis can become a chronic infection if it is not treated properly. You should avoid all strenuous activity or long car rides until all your symptoms are better. Please see your caregiver as suggested for follow up care. Follow-up after treatment for prostatitis is important to be sure that the infection is completely gone.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Shaking chills, a fever greater than 102° F (38.9° C), blood in the urine or urinary blockage.

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