



Understanding ADPKD and Cyst Rupture

Autosomal dominant polycystic kidney disease (ADPKD) is a genetic disorder characterized by the growth of numerous cysts in the kidneys. A ruptured cyst can lead to pain, infection, and sometimes more serious complications.

Know if you're experiencing acute pain related to a ruptured cyst or chronic pain associated with PKD:

Signs and Symptoms of a Ruptured Cyst

- Intense/acute pain in the back or side
- Fever (>100.4°F) and chills
- Nausea and vomiting
- Blood in urine

Diagnosis of Kidney Cyst Infection in ADPKD

- Fever >100.4°F (38°C)
- Increased White Blood Cell (WBC) count or elevated C-Reactive Protein (CRP)
 - *Note: The WBC and CRP lab tests are blood tests that would be ordered by your treating physician.*
- Imaging required if another infection source is suspected



Chronic Pain in PKD

- Pain that comes on gradually
- Intensity of pain varies – can be nagging discomfort or severe
- Can be caused by enlarged kidneys or liver



Acute Pain in PKD

- Pain that comes on suddenly
- Often severe and sharp
- Can be caused by a ruptured cyst, urinary tract infection (UTI), kidney stones, or bleeding into a cyst



Suspected Hospital Visit: When is it Necessary?

- You're experiencing intense back or side pain, fever and chills, nausea and vomiting, or blood in urine that suggests a ruptured cyst
- There's a possibility of infection as indicated by fever, elevated white blood cells, or high CRP

Treatment at a Glance

- Antibiotics may be prescribed to treat an infection
- Imaging tests, such as ultrasound, CT, or MRI, may be needed to assess the cysts

Preventive Care and Regular Monitoring

- Regular check-ups and monitoring can help detect changes in cysts early on
- Stay informed about the signs of a ruptured cyst and infection

Remember:

- Early detection and treatment are crucial for managing ADPKD complications
- If you experience any alarming symptoms, don't wait to seek medical attention

Recordings:



[Chronic Pain Management for Polycystic Kidney Disease](#)



[Pain Management](#)

Webpages:



Up to Date: pkdcure.org/research-medical-professionals



PKD Foundation website: pkdcure.org

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