

# When to Seek Care for a Ruptured Cyst

## 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.

### 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

**IMMEDIATE ACTIONS:** Am I Experiencing Acute Pain or Chronic Pain Associated with my PKD?



### 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.



### 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.

### 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

### **HOSPITAL VISIT:** When is it Necessary?

- » You are experiencing intense back or side pain, fever and chills, nausea and vomiting, or blood in urine that suggests a ruptured cyst.
- » There is 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, do not wait to seek medical attention.

#### » Recordings

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



- [Pain Management](#)



#### » Webpages

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



- PKD Foundation website: [www.pkdcure.org](http://www.pkdcure.org)



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