



## UTI (Urinary Tract Infection)

Your urinary tract is the system that makes urine and carries it out of your body. It includes your urethra (tube from outside to bladder), bladder, kidneys and ureters (tubes that connect bladder to kidneys). When germs get into your system, they can cause an infection.

Most UTI's are bladder infections and is usually not too serious if it is treated right away. Bladder infections that are not taken care of right away can become kidney infections and these can become quite serious and may cause permanent damage.

Women tend to have more UTI's than men mainly due to a shorter urethra (easier for germs to get into bladder). Also having intercourse can make it easier for germs to get into your urethra.

### **Things you can do to prevent a UTI:**

Drink lots of fluids, especially cranberry juice

Urinate often, DON'T HOLD IT!

Urinate and cleanse perineum after intercourse (if you are a woman).

Probiotics

### **Symptoms of a UTI:**

Pain or burning upon urination

Frequency (going often) or urgency (have to go now) of urination

Lower abdomen feels tender or heavy

Urine is cloudy or has a foul odor to it

Pain along your lower side to back (kidney areas)

Fever or chills

Nausea and/or vomiting

### **How is a UTI diagnosed?**

A test called a urinalysis is performed. This can be done with a dip stick method. The specimen must be sent to an outside clinic if a culture is to be performed. A culture will tell us which organism is causing the infection and which antibiotic will work the best to cure the infection.

**Treatment for an UTI:**

Antibiotic therapy (take until gone).

Increase your fluid consumption, especially cranberry juice

Probiotics daily

**Call the nurse (or seek medical attention) if:**

Worsening symptoms:

Increase pain

Increase odor

Fever

Nausea/vomiting

Develop a rash

Return to the clinic 2-5 days after completing antibiotic therapy to have a repeat urine test done.