



Information for You from Your Health Care Team

Urinary Tract Infection

What is a urinary tract infection?

It is inflammation of the urinary tract. This can include the bladder, the urethra (the tube from the bladder to the outside), and the kidneys. The inflammation is caused by bacteria that spreads from the rectum to the urethra.

How do I know I have an infection?

You may have one, all or none of the following:

- Temperature over 100- fever
- Abdominal symptoms of nausea and vomiting
- Urge to pee all the time
- Any pain in back, side or lower hip area and after intercourse
- Burning when you pee

How does my doctor tell I have an infection?

Your doctor will do take a history of your symptoms, he will send a urine for exam and culture. If you have been treated for a UTI several times in the last few weeks, the doctor may order an x-ray of your kidneys.

How is it treated?

Your doctor will give you a prescription for an antibiotic.

What can I do to keep from getting another one?

- Always wipe front to back
- Keep area around urethra dry
- Drink 1-2 quarts of fluid a day (juice, milk, water)
- Pee frequently at least once every 4 hours
- Pee after sexual intercourse
- Wear all cotton underwear
- Wear pantyhose with cotton crotch
- Change underwear daily
- Avoid strong soaps, douches, feminine hygiene products

Discharge Instructions:

1. Take all of the antibiotic given to you even if you feel better.
2. Drink plenty of juice to help make the symptoms bearable.
3. Call your doctor if the symptoms do not subside in several days.
4. Call if you develop a rash or reaction to the medication. Antibiotics can change how well birth control pills work. Use other precautions while on the medication.(condoms, foam etc.)
5. Call 464-5210, if you have any questions or concerns.