

Treatment

Sometimes your symptoms may not be enough to confirm you have a UTI. A urine sample may be taken and sent to the laboratory for testing, the test looks for bacteria in the urine. This helps to confirm which antibiotics are suitable to treat your infection. You may be treated with antibiotics to help clear the infection, **it is important that you finish the course of antibiotics even after your symptoms go away.**

If you are experiencing pain associated with your UTI, you may use Paracetamol or Ibuprofen to relieve your pain.

When should you get help?

The following symptoms are possible signs of a serious infection and should be assessed urgently.

1. You are shivering, have chills and / or muscle pain
2. You feel confused, or are very drowsy
3. You have not passed urine all day
4. You are vomiting
5. You see blood in your urine
6. Your temperature is above 38°C or less than 36°C
7. You have kidney pain in your back just under your ribs
8. Your symptoms get worse
9. Your symptoms are not starting to improve a little within 48 hours of taking antibiotics.

Phone NHS 111 for advice if you are not sure how urgent the symptoms are.

If you still have symptoms after treatment is finished, you should go back to see your GP.

For more information visit NHS Choices at www.nhs.uk or call NHS 111.

Do you need more information?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.



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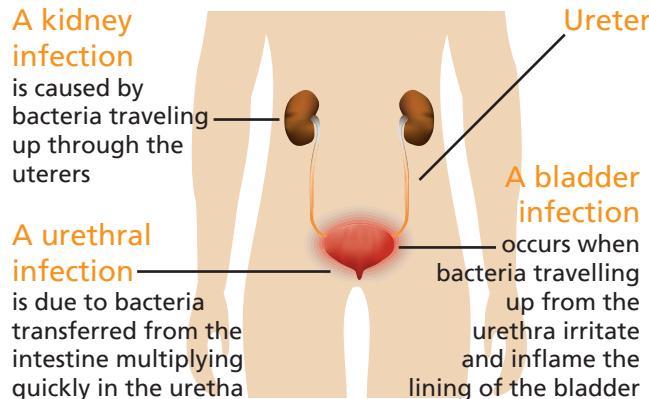
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Urinary Tract Infections

Patient Information Leaflet

What is a UTI?

A Urinary Tract Infection (UTI) is a name given to a group of infections that occur anywhere in the urinary tract - the kidneys, ureters (which connect the bladder to the kidneys), the bladder and the urethra (transports urine from the bladder to outside the body). UTIs are the second most common type of infection that occur in the body. Mostly caused by bacteria that enters the body through the urethra.



Possible Symptoms of a UTI

- Increased frequency in passing urine with little amounts being passed
- Burning when passing urine (Dysuria)
- Blood in urine (Haematuria)
- Cloudy or dark urine
- Pain and tenderness in the upper back and sides
- feeling the need to pass urine immediately
- Feeling generally unwell and confused (especially in elderly)
- Bad smelling urine.

Not always all of these together

How can I help myself prevent getting a UTI?

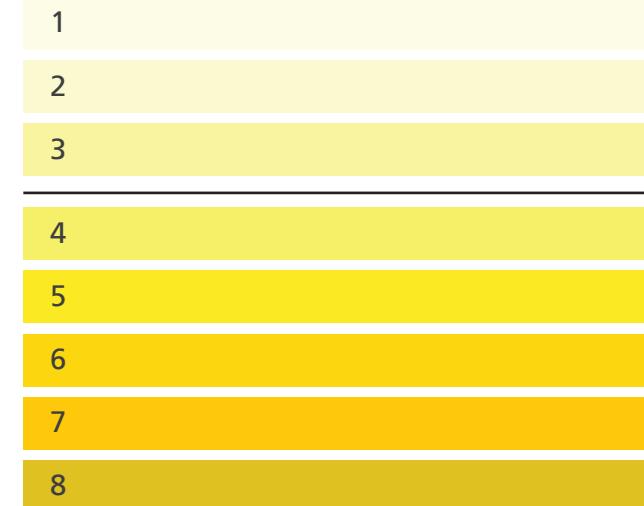
- Stay hydrated, try to drink 6 to 8 glasses of water daily
- Try to empty your bladder fully every time you pass urine
- go to the bathroom as soon as you feel the need to urinate
- Wear loose fitting cotton underwear, avoid nylon
- Change pads frequently
- Avoid coffee, tea or alcohol
- If possible shower rather than bathe
- Use a separate flannel / cloth to wash your genitals morning and night
- Women wipe from front to back after going to the toilet and urinate after sex
- Try to avoid lots of sugary foods, eat lots of fruit, vegetables and high fibre foods such as whole grain bread and pasta
- Avoid constipation as this can cause pressure or blockages and your bladder may not empty fully.

Men

If you have an enlarged prostate gland, this can put pressure on the bladder and urethra, preventing the bladder emptying properly (it's easier for bacteria to multiply if urine stays in the bladder for too long). Sometimes in men a UTI can happen as a result of an infection within the prostate, you may be treated with antibiotics for this infection.

Are you drinking enough?

Make sure you are drinking enough fluids. Preventing dehydration can help your recovery and keep you fit and healthy.



Healthy urine is a 1 - 3, 4 - 8 you must hydrate!

Self-care to help yourself get better more quickly

- Drink enough fluids to stop you feeling thirsty, including water, decaffeinated and sugar-free drinks
- Take paracetamol or ibuprofen at regular intervals for pain relief (if you've had no previous side effects)
- You could try taking cranberry capsules or cystitis sachets. These are effective for some women though there is currently little evidence to support their use.

If your symptoms worsen despite these measures contact your local GP.