

Urinary Tract Infections



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Hours: M-F 8-5, Sat 8-12

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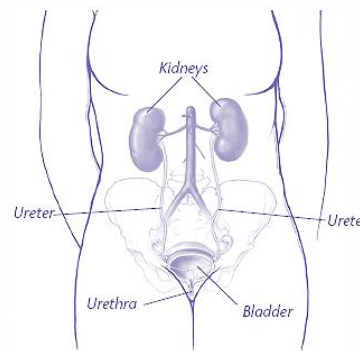
What Is It?

- Inflammation in the urinary tract that is a result of bacteria that enter the urethra (the tube from which urine passes to the outside of the body)
- Bacteria can cause an infection in any portion of the urinary tract.
- This is NOT a sexually transmitted infection

TYPES:

- Cystitis – inflammation of the bladder (the place where urine is stored until excreted through your urethra)
- Urethritis – inflammation of the urethra, more common in women because their urethra is shorter which allows bacteria from the vagina and rectum to easily enter the urinary tract

Female Urinary Tract



Signs & Symptoms

- Pain or burning with urination
- Need to urinate frequently and/or urgently
- Urinating in small amounts, feeling as if unable to empty your bladder
- Discolored or bloody urine
- Odor
- Abdominal pain / discomfort

How is it Diagnosed?

- Review of Symptoms
- Physical Examination
- Urine Sample / Urine Culture

How to Prevent Future Infections

- Drink plenty of fluids daily
- Urinate when you have the urge
- Always wipe front to back when using the toilet
- Urinate before and after sexual activity
- Wear cotton lined underwear
- Minimize caffeine intake as it may increase the pain
- If you get frequent UTIs, consider taking cranberry pills (2 tablets twice a day) or drinking cranberry juice daily

Treatment

- Antibiotic – **It is extremely important to take all of the prescribed medication even if you feel better**
- Acetaminophen (Tylenol) or Ibuprofen (Advil) may be used for discomfort/pain
- Over the counter urinary tract analgesics are available but DO NOT cure the infection
- Seek healthcare if symptoms have not resolved 2-3 days after beginning the antibiotic

Seek Healthcare Immediately If...

- Fever / chills
- Nausea / Vomiting
- Mid or Lower Back Pain

* These may indicate a more serious infection of the kidneys called pyelonephritis