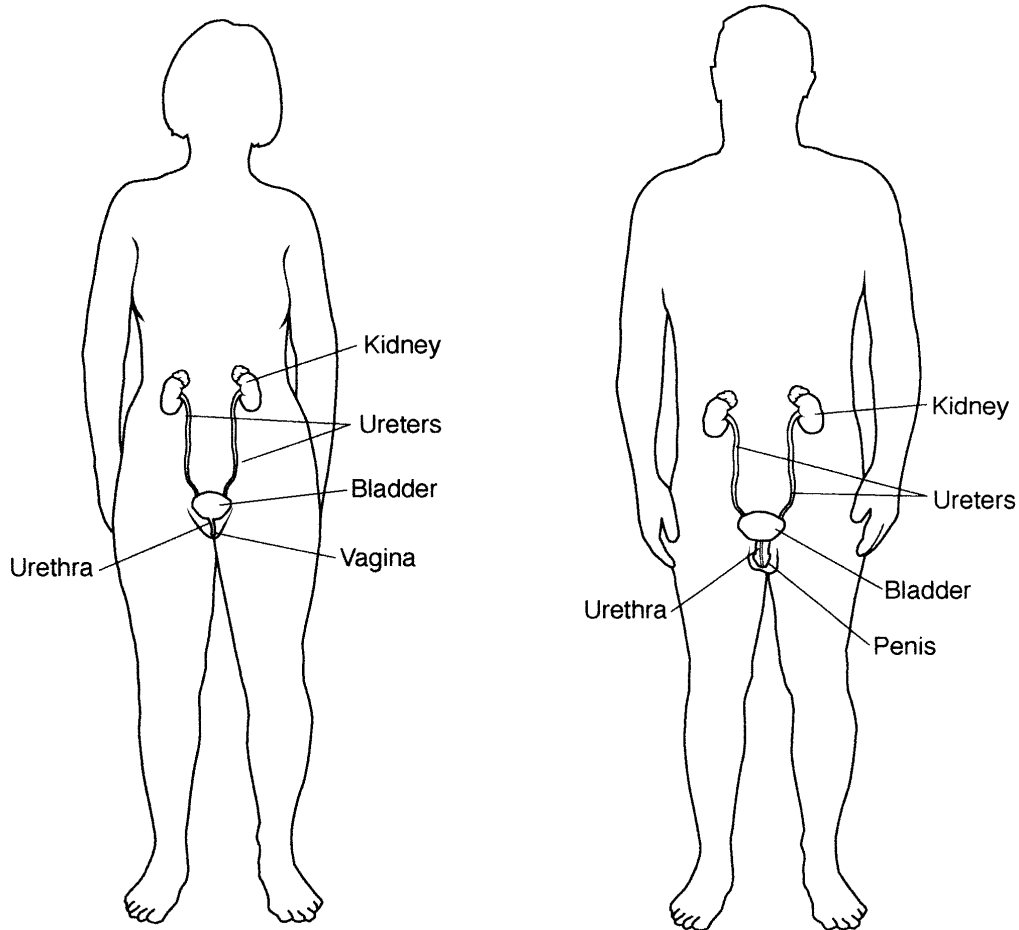


# UTI (Urinary Tract Infection)

Urinary tract infection, also called UTI, is an infection of the bladder or kidneys.



## Causes

UTI may be caused by germs from:

- Urine that stays in your bladder after you urinate
- A blockage in the kidneys or kidney stones
- Irritation from tight slacks, nylon underwear or sexual intercourse
- Poor hygiene
- Tube placed to drain urine
- Stool

## Signs

- Burning or pain when passing urine

- Having to pass urine suddenly or often
- Urine that is bloody, cloudy, or has a strong odor
- Pain in the lower back
- Feeling tired or not feeling well

## **Your Care**

Tell your doctor your signs. Your treatment may include:

- Drinking at least 8 glasses of water each day.
- Avoiding drinks that have caffeine, such as coffee, tea and soft drinks.
- Taking antibiotics. Take all antibiotics as ordered until the bottle is empty. If you do not take all of the medicine, your infection may return or worsen.

## **Ways to Prevent UTI**

- Keep your genital area clean.
- Take showers instead of tub baths.
- Empty your bladder every few hours even if you do not feel full.
- Women should always wipe from front to back after going to the toilet.
- Empty your bladder before and after sexual intercourse.
- Wear cotton underwear and loose pants.
- Drink 8-10 glasses of liquids a day. Include liquids that are high in Vitamin C, such as orange or cranberry juice.
- Avoid alcohol and food and drinks with caffeine.

Call your doctor **right away** if you:

- Have any signs of UTI
- Have nausea or vomiting
- Have back pain
- Have problems with your medicines
- Do not improve with treatment in 48 hours or your signs are worse in 24 hours

**Talk to your doctor or nurse if you have any questions or concerns.**