Do you want to know?

Urinary Tract Infection

L10
sheet 1/1

What is it?

Urinary tract infection occurs when bacteria enters the urinary tract through the urethra and begins to multiply in the bladder. Infection could be in the lower urinary tract or in the upper urinary tract. The most common signs and symptoms of the lower urinary tract infection are sudden urge to urinate, frequent urination, burning upon urination accompanied sometimes by spasms in the region of bladder and suprapubic area., blood in urine, and back pain.. In case of upper urinary tract infections: high temperature, chills, lower and lateral back pain and painful urination
are present.

What do you need to know?

Drugs

Take medications as prescribed by your physician. Complete the entire course of antibiotics even if the symptoms subside.

Diet

- Drink plenty of water to wash out bacteria, if not contraindicated.
- Avoid coffee, tea, colas and alcohol; they might interfere with the effectiveness of antibiotics.

Therapeutic Measures

- Report any pain or discomfort.
- Clean the perineum after each bowel movement and after each sexual intercourse using the front to back method (for females).
- Shower rather than bathe in tub as bacteria may enter.
- Try to urinate every 2 to 3 hours during the day.
- Empty bladder completely each time.
- Urinate immediately after sexual intercourse.

Considerations

Any increase in severity of symptoms should be reported to the physician since urinary tract infections may recur.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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