

Urinary Tract Infection

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Symptoms- An infection of the urinary tract commonly has the following symptoms:

- Frequent and urgent need to urinate
- Painful urination
- Cloudy urine
- Lower back or abdominal pain
- Blood in the urine

If you have these symptoms for more than 24 hours, you should see your doctor. Fever, chills, nausea and vomiting, and pain in the mid-back may indicate a kidney infection. If you have these symptoms, you should seek immediate medical treatment.

Preventing UTIs

There is no proven way to prevent UTIs, but you may find some of the following suggestions helpful:

- Drink plenty of liquids to flush bacteria out of your system.
- Wipe from the vagina to the anus after urinating to avoid spreading bacteria.
- Schedule frequent bathroom breaks.
- Consider checking the fit of your diaphragm or using another method of birth control.
- Avoid tight clothing and pantyhose.
- Wear cotton underwear. Cotton is less irritating and provides more ventilation.

Treatment

If a culture shows that there are bacteria in your urine, your doctor will prescribe a course of antibiotics. It is important to continue taking the medication until it is finished, even though your symptoms may be gone. Your doctor also may prescribe a urinary analgesic, for the pain. There are several other steps you can take to make yourself more comfortable:

- Drink large amounts of water. It will help flush the bacteria out of your system (about 8 ounces an hour).
- Put one teaspoon of baking soda in one-half cup of water once or twice a day.
- Avoid caffeine, acid foods, spices, citrus fruits, tomatoes, alcohol, and chocolate. You may find these things increase your discomfort.
- Drink cranberry juice cocktail.
- Try hot water bottles or heating pads. They may ease your cramps and soothe the pain.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.
Teachingsheet-uti/09-09