

URINARY TRACT INFECTION (UTI)

You have been diagnosed with a urinary tract infection (UTI).

A UTI is caused by bacteria that grow in the urinary tract. This infection can affect the bladder, kidneys, and ureters (the tubes that connect the kidneys to the bladder). During your appointment, a sample of your urine will be tested for bacteria and will also be sent to the lab for a culture.

Occasionally, culture results indicate that a different antibiotic is needed. If this is the case, you will be notified and a new antibiotic will be prescribed.

CAUSES:

- Injury to the urethra, the tube that comes from the bladder to the urinary opening
- Irritation caused by sexual intercourse
- Not being able to pass your urine caused by drugs, illness, or injury or holding in urine when you need to void
- Irritation caused by tight pants, nylon underwear or poor personal hygiene
- Having a weakened immune system that increases a chance for infections
- Kidney stones
- Inadequate fluid intake

CARE:

- Drink at least 8 glasses of fluid every day. Extra fluid helps to rinse the bacteria out of the urinary tract. Water and fruit juices, especially cranberry juice, are helpful.
- Avoid coffee, tea and coke. Food and fluids that have caffeine can make your symptoms worse.
- Take your antibiotics as prescribed until the bottle is empty. If you do not take all the medicine, your infection will not be cured.

PREVENTION:

- Keep your genital area clean. Showers are better than baths.
- Avoid tight pants or underwear. Wear cotton.
- Use the bathroom to empty your bladder before and after intercourse. Women should rinse the genital area with water from front to back after intercourse, if possible.
- Women should always wipe from front to back after a bowel movement or urinating.
- Drink 8-10 glasses of fluid a day including fluids that are high in Vitamin C, like orange or cranberry juice.
- Void when you feel the urge – don't hold it.

Call Norton Medical at 508-286-5400 if:

- You have a fever greater than 101 degrees Fahrenheit after 24 hours
- You have flank (side) or back pain
- You have nausea, vomiting, and chills
- You feel lightheaded or dizzy
- You have any problem with your medicine