

# Urinary Tract Infection (UTI)

**A** urinary tract infection (UTI) is a bacterial infection of the urinary tract. The urinary tract consists of the kidneys, ureters, bladder and urethra. A urinary tract infection may be present in one or more of these structures. A bladder infection is called Cystitis. It is the most common form of UTI. UTIs are most commonly found in women of childbearing age and rarely occur in men.

## **SYMPTOMS**

Frequency of urination, burning with urination and urgency (the sensation of having to urinate, but only urinating a small amount) are classic symptoms of cystitis. Blood in the urine and aching in the lower abdomen may also occur.

**HIGH FEVER, NAUSEA, VOMITING AND FLANK (SIDE) PAIN ARE SYMPTOMS THAT MAY INDICATE A MORE SERIOUS INFECTION OF THE KIDNEYS AND SHOULD BE EVALUATED PROMPTLY.**

## **WHAT YOU DO IF YOU SUSPECT A UTI:**

Increase your fluid intake to eight ounces every hour while awake. Avoid caffeine and alcohol. If your symptoms persist or are severe, call to Health & Wellness for an evaluation. Diagnosis is made by history, physical exam and examination of the urine.

## **TREATMENT**

- Antibiotics are usually prescribed for three to five days, for cystitis, longer for kidney infections. Be sure to finish taking ALL as directed.
- Drink LOTS of fluids. Eight ounces per hour are recommended while awake.
- Pyridium (phenazopyridine) may be prescribed to treat the burning sensation, if indicated. This medication will turn the urine orange and may stain underclothes.

## **CALL YOUR PRACTITIONER IMMEDIATELY IF ANY OF THE FOLLOWING PROBLEMS DEVELOP:**

- Not getting better, or getting worse within 48 hours
- Fever over 101 degrees Fahrenheit
- New or increasing pain in the back, side or abdomen
- Shaking chills
- Vomiting
- Anything else that worries you

## **HOW TO PREVENT A URINARY TRACT INFECTION (UTI)**

Wipe from front to back after using the toilet.

- Avoid a full bladder. Urinate as soon as you feel the urge
- Urinate as soon as possible after sexual intercourse.
- Always drink lots of water. Drink even more if you sense signs of an impending infection.
- Avoid urinary irritants such as coffee, tea, alcohol and colas.
- Cranberry juice is helpful, but not essential.
- Avoid external irritants such as bubble baths, douches, feminine hygiene sprays, and scented tampons, pads, and pantliners.
- Avoid tight underwear, thongs, jeans and pantyhose.
- If the diaphragm is your contraceptive choice, consider other options.
- Provide sufficient lubrication during intercourse.

**CONTACT HEALTH & WELLNESS IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS.**



**Health & Wellness**

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