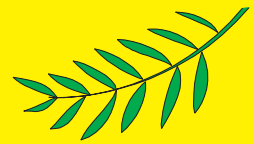


# Urinary Tract Infections (UTI)



**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. Cystitis is the name given to the infection of the bladder. 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 Services 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, jeans and pantyhose.
- If the diaphragm is your contraceptive choice, consider other options.
- Provide sufficient lubrication during intercourse. (A lubricating jelly such as KY or Astroglide may

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



## **HEALTH SERVICES**

(603)862-2856 during hours of operation | (603) 862-Well (9355) after hours  
[www.unh.edu/health-services](http://www.unh.edu/health-services)