



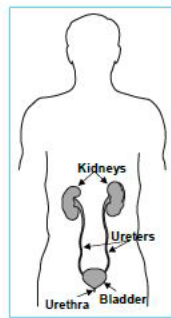
Urinary Tract Infection

(Bladder Infection)

You have an infection in your bladder. A bladder infection is called a urinary tract infection (or UTI). This infection is most often caused by bacteria travelling up the urethra into the bladder.

You may have a bladder infection if:

- You feel stinging, burning, or pain when you go pee (urinate).
- You have a constant urge to go pee.
- You feel pressure or pain in the lower belly, sides, or back.
- Your pee (urine) smells bad or looks cloudy or reddish.
- You have chills and a fever over 38.5 °C (101.3°F)
- You feel sick to your stomach (nauseated)



These are normal and should go away with treatment.

How to Care for Yourself at Home

Drink 8 to 10 glasses of water each. A good way to do this is to drink one glass of water every hour while you are awake.

Take antibiotics exactly the way the doctor told you to take them. Do not stop taking the antibiotics until you have taken all the pills - even if you feel better.

If needed, take medicine for the pain, fever, or upset stomach. Check with your family doctor or pharmacist as to what will work best for you.

Prevention

- Drink plenty of water and other liquids each days. This helps ensure that your urinate frequently, which flushes bacteria from your urinary tract.
- Urinate when you have the urge. Don't hold your urine for a long time.
- Avoid constipation.
- Drink **cranberry juice** or take cranberry pills.

Go to the nearest Emergency Department if

- + Your pain gets worse.
- + You have worsening pain in your back.
- + You are repeatedly throwing up (vomiting).
- + Your urine has changed colour or looks cloudy.
- + You continue to have a fever over 38.5°C (101.3°F), that does not go away with medicine like acetaminophen (Tylenol) or ibuprofen (Advil).
- + You are producing very little or no urine.
- + You become very, very tired.
- + You develop a rash.

To Learn More Ask

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

Recommended Follow Up

Follow up with your primary care provider in _____ days.

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