

Urinary Tract Infection

A urinary tract infection (UTI) is an infection that affects any part of your urinary system, including your kidneys, ureters, bladder and urethra. Most UTIs affect the lower urinary tract (bladder and urethra) and is most often caused by bacteria travelling up the urethra into the bladder.



What to Expect

You may have a UTI if:

- You feel stinging, burning, or pain when you go pee (urinate).
- You have a strong and frequent urge to go urinate.
- Your urine smells bad or looks cloudy.
- You feel sick to your stomach (nauseated).

Note: this is not an exhaustive list, you may be experiencing symptoms that are not listed here.

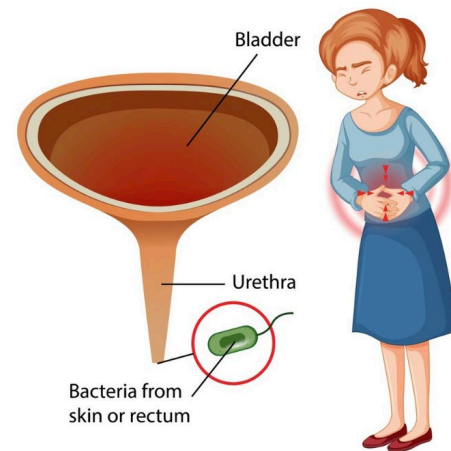
These symptoms should go away with treatment.



When to Get Help

Go to the nearest Emergency Department or Urgent Care Centre if you experience:

- Fever or chills that does not improve with acetaminophen (Tylenol®) or ibuprofen (Advil®).
- Increased levels of pain or new onset of lower back, belly or side pain.
- Blood in the urine that stays after finishing antibiotics.
- No improvement in your symptoms after finishing your antibiotics.
- You feel very tired or have **flu-like symptoms**.
- Pain during sexual intercourse (dyspareunia).
- You are producing little to no urine.



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Recommended Follow-Up

Follow up in __ days.

Name of Provider
Reason
Date/Time
Location
Contact Info

Urinary Tract Infection Discharge Instructions - continued

Notes:

- Vaginal discharge (white, yellow or green) or itchiness if does not improve with anti-yeast medications you can buy at pharmacy.
- You develop a rash or shortness of breath after starting your antibiotic treatment.

To Learn More:

- Ask your health care provider.
- Go to HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.



How to Care for Yourself at Home

Treatment



SYMPTOM RELIEF

Drink 8 to 10 glasses of water each day. A good way to do this is to drink one glass of water every hour while you are awake. Stay near a bathroom, and pee every time the urge rises, even if frequently.

ANTIBIOTICS

You may be prescribed antibiotics to treat your infection and kill the bacteria in your urinary tract. Take them as directed. Do not stop taking the antibiotics until you have taken all the pills - even if you feel better. Antibiotics can upset your stomach or cause a vaginal yeast infection (vaginal itchiness, redness, thick white cottage cheese-like discharge) Ask you pharmacist if you can take the antibiotics with a small snack or glass of water to help with stomach upset. Small amounts of yogurt can help with upset stomach as well as vaginal yeast infections. Probiotics can also help prevent yeast infections.

PAIN MANAGEMENT

If needed, take medicine for pain or fever, such as acetaminophen (Tylenol®) or ibuprofen (Advil®/Motrin®). Ask your doctor or pharmacist for a recommendation if you are taking any other medications for pain prior to using (e.g., NSAIDs or Pyridium).

Prevention

- Drink plenty of water and other liquids each day. This helps ensure that you urinate frequently, which flushes bacteria from your urinary tract.
- Urinate when you have the urge. Don't hold your urine for a long time.
- To avoid constipation, introduce more fiber in your diet (e.g., fruits and vegetables, beans/lentils).
- For women, wipe from front to back when using the bathroom which prevents bacteria from entering the urinary tract, and avoid scented feminine products (irritating to vulva area)
- Avoid wearing tight fitting clothing and urinate right after having sexual intercourse.
- Drink cranberry juice.

Reproduced with permission from Vancouver Coastal Health and Providence Health Care. Find this information sheet on the ECBC website:
https://emergencycarebc.ca/clinical_resource/patient-information-sheet/urinary-tract-infection/

Notes:

Additional Information

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