

URINARY TRACT INFECTIONS

Home Care Instructions

- **Drink Plenty of Fluids** if unable to urinate, including sugar free cranberry juice
- **Empty Bladder:** Try to Urinate every 2-3hrs to empty bladder
- **Practice Good Personal Hygiene**
- **Follow Up with Healthcare Provider as Directed:** They can check verify infection has cleared.
- For discomfort to lower back and side: back massage or over the counter pain relievers
- Avoid carbonated beverages (tend to make urine alkaline), Avoid caffeine, Bubble baths, perfumed toiletries
 - If history of heavy caffeine use, taper off gradually
- To let inflammation subside, avoid sexual intercourse until symptoms disappear

-Fever

- Temp above 98.6F
- Limit activities and REST as much as possible
- Drink Plenty of fluids to prevent dehydration and replace electrolytes (Gatorade is a good option)
- Monitor and record temp is symptoms change

-Antibiotics

- Complete full course of prescribed medication
- Urine may change color with prescribed medication

-Medications

- For fever/pain/inflammation:
 - Tylenol (Acetaminophen) 1-2 tabs every 4hrs as needed (do not exceed more than 4000mg in a 24hr period)
 - Motrin/Advil (Ibuprofen) 1-2 tabs every 6hrs as needed
 - Aleve (Naproxen) 220mg every 8-12 hrs as needed

WARNING SIGNS:

When to seek Medical Attention

- Moderate to Severe or Increasing Abdominal discomfort, Back or flank (side) pain
- Urinary tract symptoms with NEW back pain
- Blood in urine
- Inability to urinate, able to only pass few drops and/or unable to completely empty bladder
- Incontinence, urgency
- Painful urination with purulent discharge
- Urinary Frequency with increased hunger, thirst or weight loss
- Vomiting
- High Fever (over 102F) and/or Chills
- Pink urine with out a history of Strep
- Orange urine that is not caused by medications such as Urostat or Pyridium

Patient Education: Prevention

- Increased fluid intake (6-8 glasses daily)
- Avoid carbonated beverages
- Orange or cranberry juice make urine more acidic which may decrease bacterial growth
- Empty bladder frequently and completely
- Develop and maintain good health habits (aerobic exercises, proper nutrition, weight control, no smoking)
- Females should: wipe from front to back when toileting; shower instead of taking baths; use mild, unscented soaps; avoid vaginal deodorants and perfumed feminine products; wear fabrics that breath well; Avoid tight fitting clothes; avoid prolonged wear of nylon panties and wet swimsuits since nylon retains heat and moisture

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For Your Information

- Urinary Tract infections are caused when bacteria (commonly E-Coli) enter the urinary tract from outside the body
- Common symptoms include: Burning or pain with urination; frequency, urgency urination; tenderness over lower abdomen or low back pain; constant feeling of fullness to bladder; cloudy or foul smelling urine and/or appearance of blood in urine; low grade fever.
- Signs and symptoms require a Dr's evaluation.
- Diagnosis is made based on urinalysis and may be confirmed by a urine culture.
- If tests are positive, an antibiotic is likely order. It is important to begin antibiotics promptly and complete entire course prescribed, even though symptoms may subside in a day or two. If antibiotics course not finished, bacteria may not be eliminated and infection may recur.
- Most infections resolve in 2 weeks with treatment and effective home care.