

URINARY TRACT INFECTION (UTI)

What is a UTI?

A urinary tract infection (UTI) is an infection that may occur anywhere in the lower urinary system, usually caused by bacteria that live harmlessly in the digestive tract.

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Who gets UTIs?

Most common in sexually active young women, however can be a warning sign of something more serious, like prostate problems in men or sexually transmitted infection.

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What are the signs and symptoms?

The symptoms of UTIs are painful, burning urination; a frequent need to urinate, reduced bladder capacity, urinary urgency and blood tinged or cloudy urine. Pelvic, abdominal or low back pain may also occur. Men with UTIs may have pain in the penis or scrotum. If severe flank or back pain and fever develop, a kidney infection should also be suspected.

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How to you know if you've got UTI?

If you display any of the symptoms above such as burning pain during urination, an urge to urinate when your bladder is nearly empty, feeling like you need to urinate all the time, especially at night, difficulty controlling when you urinate, lower abdominal pain or back pain, blood and/or pus in your urine or fever.

<http://www.plannedparenthood.org/health-topics/womens-health/utis-4283.htm>

How is a UTI treated?

The first step is to 'drown it'. Radically increase fluid intake giving the body the opportunity to empty the bladder and the bacteria. Highly acidic liquids such as blueberry or cranberry juice inhibit bacterial growth and the ability to adhere to the bladder walls.

UTIs usually respond well to a short course of antibiotics.

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Are there any complications if it's not treated?

If the infection remains unchecked, it may move to the kidneys, causing kidney infection or pyelonephritis. Chronic UTIs may contribute to chronic renal failure. Untreated kidney infections can lead to the release of infectious bacteria to the blood and life threatening septicaemia, permanent kidney damage or even death.

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How can I avoid getting UTI?

Drink lots of water & acidic (unsweetened) juices; urinating when necessary; wiping from front to back after bowel movement, emptying the bladder after sex; avoid synthetic underwear or hygiene products.

This fact sheet is designed to provide you with information on Urinary Tract Infection (UTI). It is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns they may have. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of printing.

Last updated Aug 2012