

Urinary Tract Infection (UTI)

A Urinary Tract Infection or "UTI" is an infection of your bladder, caused by bacteria or "germs".

You should see your doctor as soon as possible if you think you have a UTI. A UTI will not get better by itself and can lead to something more serious. It may be something else instead, like a sexually transmitted disease (STD) or vaginal infection.

SYMPTOMS OF A UTI

- ◆ Pain or burning when you urinate or go to the bathroom.
- ◆ Stinky urine.
- ◆ Can't hold urine.



- ◆ Having to go to the bathroom often.



- ◆ Pain in your lower stomach or back.



- ◆ Seeing blood in your urine.



Shawnee County Health Agency
 1615 SW 8th Avenue
 (785) 368-2000

DIAGNOSIS

You will be asked to get a clean catch of mid-stream urine that will be tested to see if bacteria or "germs" are present that may be causing the infection.



TREATMENT

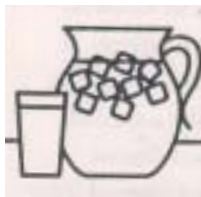
Antibiotics (medicine) can easily treat the infection. It is very important to take the medicine, exactly as your doctor tells you or else in the infection may return. You should also do the following:

- ◆ Take all of the medicine you are given by your doctor, even if you feel better.
- ◆ Drink plenty of fluids like water, apple juice or cranberry juice. You should drink 8 glasses a day. Do not drink soda or beverages that contain caffeine (tea, soda, coffee).
- ◆ Do not drink ALCOHOL (beer, wine, hard liquor) while you are taking medicine for your bladder infection.
- ◆ If it is difficult and painful to urinate, fill the bathtub with warm water; sit in the tub and urinate. The warm water will relax the bladder and make urinating easier.
- ◆ Tylenol may be used for discomfort.

If you have severe back pain, high fever, vomiting, or you still are having problems after 10 days, come back to the clinic. Do not miss your clinic appointment.

HOW TO REDUCE CHANCE OF GETTING A UTI

- ◆ Drink lots of water, 8 glasses a day. It will help you go to the bathroom often during the day. 4-6 times daily is recommended.



- ◆ Try to empty your bladder completely when you urinate.
- ◆ Always urinate before and after sex.
- ◆ You may also try to avoid sexual positions that are likely to put pressure on the urethra.
- ◆ If you use a diaphragm, especially if you have only recently started using it, incorrect size or position may be related to your symptoms. A diaphragm check may be necessary.



- ◆ If you are prone to UTIs take showers (baths can spread bacteria to the vagina and bladder).
- ◆ Wipe from front to back after going to the bathroom.

Most of all, don't worry! It is not serious and will get better with treatment. Taking good care of yourself is the best thing you can do to keep yourself healthy and feeling good.

For an appointment call

(785) 368-2000



CLINIC TIMES

Monday, Thursday, Friday

8:00 am - 12:00 pm

1:00 pm - 4:30 pm

Tuesday

10:00 am - 2:00 pm

3:00 pm - 6:30 pm

Wednesday

8:00 am - 12:00 pm

2:00 pm - 4:30 pm