

Urinary Tract Infection (UTI)

Bacteria in the urine that have potential to injure the tissue of the urinary tract and surrounding structures. A UTI is often classified as upper or lower urinary tract infection.

Frequent Signs & Symptoms

- Pain or burning with urination
- Frequent need to urinate
- Blood in urine
- Lower back pain
- Pressure in the lower abdomen just above pelvis

Causes

Bacteria that invades the urinary tract. In females some common causes can include increased sexual activity, history of UTI's, pregnancy, wiping from back to front, failure to urinate after sex, diaphragm contraception, and a shorter distance from urethra to anus. Some common causes in men can include homosexuality, not being circumcised, and urinary obstruction.

Prevention

Avoiding germs and practicing good hygiene is the best way to avoid infection. Tips for avoiding infection include:

- Urinate after sex
- Stay well hydrated
- Limit caffeine use
- Avoid prolonged hot or bubble baths
- Proper wiping techniques
- No douching
- Proper cleaning in uncircumcised males

Diagnosis

Diagnosis requires an examination by your provider which includes a urine test in the clinic and possibly a urine culture which is sent to the lab.

Treatment

Your health care provider will need to prescribe an antibiotic such as Macrobid to treat UTI. They may also recommend Pyridium/AZO (can make symptoms better, but does not cure UTI). It is very important to notify your provider of any medication allergies you may have. Be sure to take the full course of antibiotics even if symptoms are better after only a few doses.

Diet

- Increase water intake
- Cranberry juice may help symptoms
- Decrease caffeine intake

Complications

If left untreated, complications of a UTI may include:

- Recurrent infections, especially in women.
- Permanent kidney damage, or chronic **kidney** infection (pyelonephritis) due to an untreated UTI.

If symptoms worsen or do not improve, return to the clinic.

If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.