

# Urinary tract infection

*Thank you for choosing to be treated at BNE.*

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

## Warning signs

Please return to the **BNE** or visit your GP if you experience any of the following:

- Severe pain unrelieved by simple pain killers
- Fever
- Pain before, after or during urination
- Blood in the urine
- Confusion
- Decreased urinary output or no output within 12 hours
- Inability to pass urine when you have the desire to urinate
- Right or left sided lower back pain.

Please call us or return to **BNE** if you have any concerns.

Alternatively, your GP will have received information regarding your visit to **BNE** and can address any concerns you may have.

## What is a urinary tract infection?

A urinary tract infection is an infection that exists either in your bladder (*cystitis*) or kidneys (*pyelonephritis*). It is most commonly caused by bacteria known as *E. Coli* that lives in the bowel which moves up the urethra and grows quickly in the bladder.

The infection is more common in women due to the shorter urinary tract and the fact that the vagina is so close to the rectum.

### Other causes are:

- Obstruction in flow of urine due to enlarged prostate or kidney stone
- Indwelling catheter
- Sexual intercourse.

## Symptoms

- Pain when passing urine
- Passing small amounts of urine
- Feeling the urge to urinate more often
- Urine that has an odour, or is dark or cloudy
- Lower abdominal pain or back pain
- Nausea
- Fever
- Confusion.

## Treatment

- A clean urine sample is always required before treatment.
- Antibiotics will treat infection.
  - you should also have a follow-up urine test 7–10 days after you have completed your antibiotics.
- Urinary alkalinizers can also be prescribed. These help balance the pH in the urine such as *Ural*.
- Increase the fluid intake to flush-out the bacteria in the urinary tract.

However, there are many things that can be done to prevent urinary tract infections. These include:

- Good personal hygiene such as wiping from front to back during toileting and passing urine after intercourse
- Avoid wearing tight fitting underwear or pants
- Avoid lounging in wet bathers
- Drink plenty of fluids to flush the urinary tract more frequently
- Go to the toilet when you feel the urge
- You can use cranberry juice daily as a natural urinary alkalizer.

**Please come back to see us for your follow-up care and treatment.**

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Located between The Prince Charles and St Vincent's Private Hospital Northside.