

Lower Urinary Tract Infection

What is a urinary tract infection?

A urinary tract infection (UTI) is an infection of one or more of the urinary tract structures including the bladder. It is more common in women than in men. It is caused by bacteria entering the urethra, most commonly *E. Coli*. Having frequent intercourse, not urinating after intercourse, and wiping from back to front can cause a UTI. If a urinary tract infection is left untreated it can cause a serious infection in your kidneys.

What are the symptoms of a UTI?

- Urinating small amounts
- Pain or burning with urination
- Having an urgency to urinate
- Pressure in your abdomen when urinating
- Foul smelling urine or cloudy urine
- Blood in your urine
- Pain with sex
- Fatigue
- Fever or chills
- Pain in your back

How is a UTI treated?

You will be given antibiotics. Take all of your medicine until it is gone. You may also be given or told to take an additional medication to help with the pain.

How can I prevent another UTI?

- Do not hold your urine, go to the bathroom as soon as you need to.
- Go to the bathroom before and after sex.
- Always wipe from front to back
- Stay hydrated – drink lots of water, avoid caffeine.

WARNING SIGNS

If you don't feel like your symptoms have gotten better after three days of antibiotics or if you continue to have blood in your urine, call the office. If you develop back pain, fever, chills, or severe nausea/vomiting, call the office or go to the emergency room.