

# Urinary Tract Infection

## What is a urinary tract infection?

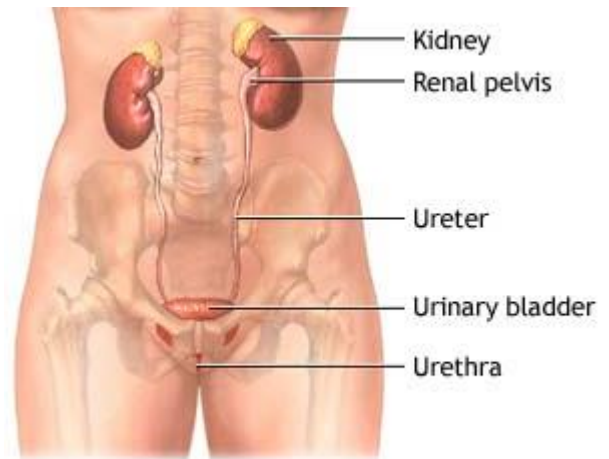
A urinary tract infection (UTI) is caused by bacteria that get inside urinary tract. Most bacteria that enter urinary tract are expelled when person urinate. If the bacteria stay in urinary tract, person may get an infection. Urinary tract includes kidneys, ureters, bladder, and urethra. Urine is made in kidneys, and it flows from the ureters to the bladder. Urine leaves the bladder through the urethra. A UTI is more common in lower urinary tract, which includes bladder and urethra.

## Risk factors

- Incontinence (not able to control when you urinate)
- Blocked urine flow, may be due to prostate or urinary tract stones
- Previous UTI or urinary tract surgery

## Signs and symptoms

- Urinating more often or waking from sleep to urinate
- Pain or burning when you urinate
- Pain or pressure in your lower abdomen
- Urine that smells bad
- Leaking urine



## Diagnosis

- Urine tests will be done. A sample of urine is collected and sent to a lab for tests to learn what germ is causing infection.
- Blood tests may be done to check if patient have a prostate infection.
- Imaging tests may be needed if UTI does not get better or get another UTI. Imaging tests are pictures of urinary tract that may show if infection is in kidneys. Imaging tests may also show if patient have damage, blockages, or other problems in urinary tract.

## Treatment

- Antibiotics: This medicine is given to help treat or prevent an infection caused by bacteria.
- Medicines that decrease pain and burning when urinate may be given. They will also help decrease the feeling that patient need to urinate often. These medicines will make urine orange or red.

## Clinical teaching

- Do not hold urine. Urinate as soon as feel to have.
- Drink plenty of liquids. This may help urinate more often.
- Avoiding perfumed bubble bath, soap or talcum powder around genitals – use plain, unperfumed varieties, and have a shower rather than a bath

**Reference:** Micromedex's Care Notes System Online 2.0