

## How can you help?

Drink at least 3 to 4 glasses of water each day (unless you have been told differently because of a medical condition). This helps flush any bacteria out of your system.



Wear cotton underwear.

Go to the washroom as soon as you feel the urge to go. Make sure you empty your bladder completely.

After using the toilet:

- Always wipe yourself from front to back.
- Always wash your hands.



Wash the area between your legs (your privates or perineum) at least once a day.

Tell us when you notice any signs of urinary tract infection.

## Did you know?

Finding bacteria in older adult urine is common but does not always need to be treated with antibiotics.

Treating someone with antibiotics when they don't need them can lead to problems.

Examples of problems:

- unwanted side effects
- other medications might not work as intended
- bacteria becoming resistant to certain antibiotics and any future infection needing stronger antibiotics

# About Urinary Tract Infections

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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## What are the signs of a possible urinary tract infection?

You might notice any of the following:

- It might hurt or burn when you pass urine (go pee).
- You might find it hard to urinate, or you could feel the need to go more often.
- You might have a fever. Some people get blood in their urine.
- You could have pain in your side, lower stomach, or lower back.

## What are **not** signs of a urinary tract infection?

While the following signs might be a concern, they are not always signs of a urinary tract infection:

- becoming confused and mixed-up in your thinking
- having smelly or cloudy urine

Other medical problems can cause changes in your urine.

Certain foods and medications might also cause changes in how your urine looks or smells.

## How is a urinary tract infection treated?

When you have signs of a urinary tract infection, we will:

- Encourage you to drink more fluid for the next 24 hours (unless you have been told differently because of a medical condition).
- Check to see if you are constipated.
- Check for other possible causes for any changes in your thinking or behaviour.
- Check on you over the following 24 hours and talk with the doctor or nurse practitioner about your possible infection.
- Ask you for a urine sample so we can send it for testing.

