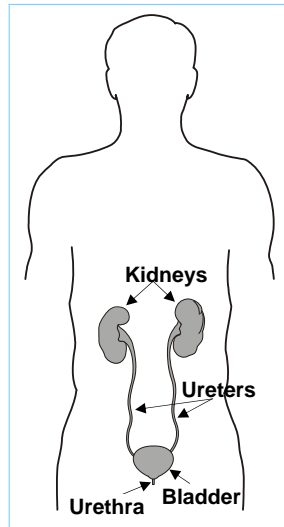


Emergency Services

Bladder Infection (Urinary Tract Infection)

You have an infection in your bladder. A bladder infection is also called a urinary tract infection (or UTI). This infection is most often caused by bacteria travelling up the urethra into the bladder.



You may have a bladder infection if:

- You feel stinging, burning, or pain when you go pee (urinate).
- You have a constant urge to go pee.
- You feel pressure or pain in the lower belly, sides, or back.
- Your pee (urine) smells bad, or looks cloudy or reddish.
- You have chills and a fever over 38.5°C (101.3°F).
- You feel sick to your stomach (nauseated).

These are normal and should go away with treatment.

After 48 hours, call your family doctor if:

- Your pain is not going away.
- You continue to have a fever or chills.
- You do not feel better.

If you can not contact your family doctor, go to a walk-in medical clinic or to the nearest Emergency Department.

Go to the nearest Emergency Department if:

- Your pain gets worse.
- You have worsening pain in your back.
- You are repeatedly throwing up (vomiting).
- You continue to have a fever over 38.5°C (101.3°F), that does not go away with medicine like acetaminophen (Tylenol) or ibuprofen (Advil).
- You are producing very little or no urine.
- You become very, very tired.
- You develop a rash.

Bladder Infection (Urinary Tract Infection) - *continued*

How to take care of yourself at home

- Drink 8 to 10 glasses of water each day. A good way to do this is to drink one glass of water every hour while you are awake.
- Take antibiotics exactly the way the doctor told you to take them. Do not stop taking the antibiotics until you have taken all the pills – even if you feel better.
- If needed, take medicine for the pain, fever, or upset stomach. Check with your family doctor or pharmacist as to what will work best for you.

Ways to prevent bladder infections

- Drink 6 to 8 glasses of water each day.
- Take showers rather than baths. Do not use bubble bath or bath oils.
- Empty your bladder as soon as you feel the need to go. Do not hold your urine for a long time.
- Empty your bladder after having sex.
- For women, wipe yourself from front to back after going to the toilet.

What the words mean

Kidneys (sounds like kid-nee) – These bean-shaped organs take waste out of the blood and make urine.

Ureters (sounds like yer-et-ers) - These two small tubes carry urine from the kidneys to the bladder.

Bladder (sounds like blah-der) – A hollow organ that collects and holds urine until it can move out of the body.

Urethra (sounds like yer-ee-thra) - A small short tube that carries the urine from the bladder out of the body.

Urine (sounds like yer-in) - The waste fluid made by the kidneys, commonly called 'pee'.

Urinate (sounds like yer-in-ate) – The action of moving urine out of the body, commonly called 'going to the toilet' or 'going pee'.

To learn more, it's good to ask:

- Your family doctor
- Your pharmacist
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at www.HealthLinkBC.ca.

Adapted with permission from 'Kidney Infection – Going Home' (July 2010) by Providence Health Care.