

Anything else I need to do?

- ✓ **Do** wear cotton underwear or underwear with a cotton crotch.
- ✓ **Do** try to wear loose fitting pants.
- ✓ **Do** change sanitary pads or incontinence pads often.
- ✓ **Do** use non-spermicidal lubricant condoms.
- ✗ **Do not** use bubble baths, douches, powder and sprays
- ✗ **Do not** use diaphragms
- ✗ **Do not** use spermicidal lubricant condoms.

When should I get help?

If you have one or more signs of an infection, see a doctor as soon as possible.

You might need to do a urine test to see what type of bacteria or germ is causing the infection. You might be given a prescription for antibiotics to treat the infection.

If you cannot contact your doctor, go to the nearest walk-in clinic.

What if I have questions?

You can ask:

- Your doctor
- Your pharmacist
- HealthLinkBC 8-1-1 (7-1-1 TTY)
Call any time you have any health questions or concerns (open 24 hours)

You can also search online. Search 'urinary tract infection', then look under 'prevention'

- HealthlinkBC healthlinkbc.ca
- Mayoclinic (USA) mayoclinic.org
- National Health Services (UK) nhs.uk

What the words mean

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

Perineum (sounds like 'pair-uh-nee-uhm') the area between your clitoris and anus.

Ureters (sounds like 'yer-et-ters') - 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'.

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

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For more copies: patienteduc@fraserhealth.ca

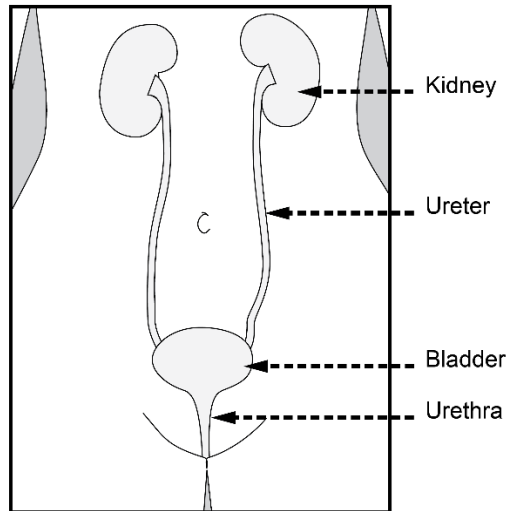


Preventing a Urinary Tract Infection After Gynecology Surgery

 **fraserhealth**

What is a urinary tract infection?

The urinary tract is made up of the kidneys, ureters, bladder, and urethra.



Urinary System

A urinary tract infection (or U.T.I.) is when bacteria or germs enter the urinary tract and cause infection.

How do I know I have one?

You might have a urinary tract infection if you notice one or more of these signs:

- need to urinate more often
- pain or burning when urinating
- sudden urges to urinate
- chills or fever over 38.5°C (101.3°F)
- pain in your lower belly (abdomen)
- pain in the sides of your back
- feeling sick to your stomach (nauseated)

How can I prevent an infection?

Drink 6 to 8 glasses of water a day.

Drinking more water helps you flush bacteria or germs out of your system. If you have a heart or kidney problem, ask your doctor or dietitian how much water you can have.

Drink cranberry juice or take cranberry supplements.

Some people say drinking a glass of cranberry juice once a day or taking cranberry supplements can help prevent infections.

Warning: If taking the blood thinner warfarin, **do not** drink cranberry juice or take cranberry supplements.

Always wipe from front to back after using the toilet.

Empty your bladder.

Go to the toilet as soon as you feel the urge, rather than holding it in. If you feel your bladder might not be empty, wait a few minutes and try to go again.

Empty your bladder after having sex.

This helps prevent bacteria from getting into the urethra.

Prevent constipation.

Constipation increases your chance of getting an infection. Eat more fibre, drink more fluids, and walk more often.

How do I clean myself?

We send you home with a Peri-Pack. The package includes:

- a squeeze bottle
- disposable mesh underwear
- peri-pads

For the next 7 days, clean your perineum:

- after urinating or having a bowel movement (pooping)
- when you change your sanitary pad

How to clean yourself

- Pour warm tap water over your perineum from front to back, using either of these:
 - the squeeze bottle
 - a hand-held shower
- Always wipe from **front to back**.
- Use a clean tissue or piece of toilet paper each time you wipe.
- Place a clean peri-pad in the mesh underwear.

Your nurse will show you how to do this.