

Urinary Tract Infection (UTI)

- A urinary tract infection (UTI) is an infection in any part of your urinary system — your kidneys, ureters, bladder and urethra.
- Most infections involve the lower urinary tract — the bladder and the urethra.
- Women are at greater risk of developing a UTI than are men.
- Infection limited to your bladder can be painful and annoying.
- However, serious consequences can occur if a UTI spreads to your kidneys.



Symptoms:

- Pain, burning or stinging during urination
- Urgency- you need to go right now!
- Frequency - you need to go often
- Cloudy, bloody, or discolored urine
- Smelly urine- strong, pungent odor
- Cramping, pressure or pain around bladder/ pelvis region
- Lower back pain

Self-care measures:

- Drink lots of water/cranberry juice
- Try over the counter medicine like AZO(*)

Items marked with a () are available after being evaluated by a nurse in the Health Services Office (Commons, Room 226).*

When to seek medical attention:

- Symptoms lasting for more than 24-48hrs
- May require a prescription antibiotic. Come to Health Services for further evaluation.

Prevention measures:

- Wipe from front to back
- Empty bladder completely and urinate when the urge arises
- Wear cotton underwear/loose fitting clothing
- Urinate after intercourse