

Tips on preventing Urinary Tract Infections

- Drink plenty of water to flush *out* the germs.
- Drinking cranberry juice *may* help, though this hasn't been proven.
- Don't hold your urine. Urinate when you feel like you need to.
- Wipe from front to back after you go to the bathroom.
- Urinate *after* having *sex* to help wash away bacteria.
- Use K-Y Jelly or liquid before sex if you are a little dry.
- If you *get* urinary tract infections *often*, you may want to avoid using the diaphragm as a method of birth control. Ask your doctor or nurse about other birth control choices.



If you have any questions or concerns please call:

**Red Lake Hospital
Red Lake, MN 56671
(218) 679-3912**

Urinary Tract Infections

Infections in the Bladder or Kidneys

What do urinary tract infections feel like?

Urinary tract infections can be painful. If you have an infection, you *may* have any of the signs listed in the box below.

You *may* feel pressure in the lower stomach, have low back pain, feel nauseated and tired, and run a low-grade fever. These might be signs of an infection in the kidneys.

Other Signs of a Urinary Tract Infection:

Feeling like you need to urinate more often than usual

A burning feeling when you urinate

Feeling the urge to urinate but not being able to

Leaking a little urine

Urine that smells bad

Cloudy, *dark* or bloody urine

Tell your doctor or nurse if any of these things are happening to you.

How serious are urinary tract infections?

Urinary tract infections can be painful. Today's medicines can keep urinary tract infections from becoming a serious problem.

How are urinary tract infections treated?

A urinetest will be *done on* a sample of your urine to find *out* if bacteria are in it. Sometimes, special tests or x-rays are done. Your doctor will *order* an anti-biotic for you if you have an infection.

If you are put in the hospital to be treated for a urinary tract infection.

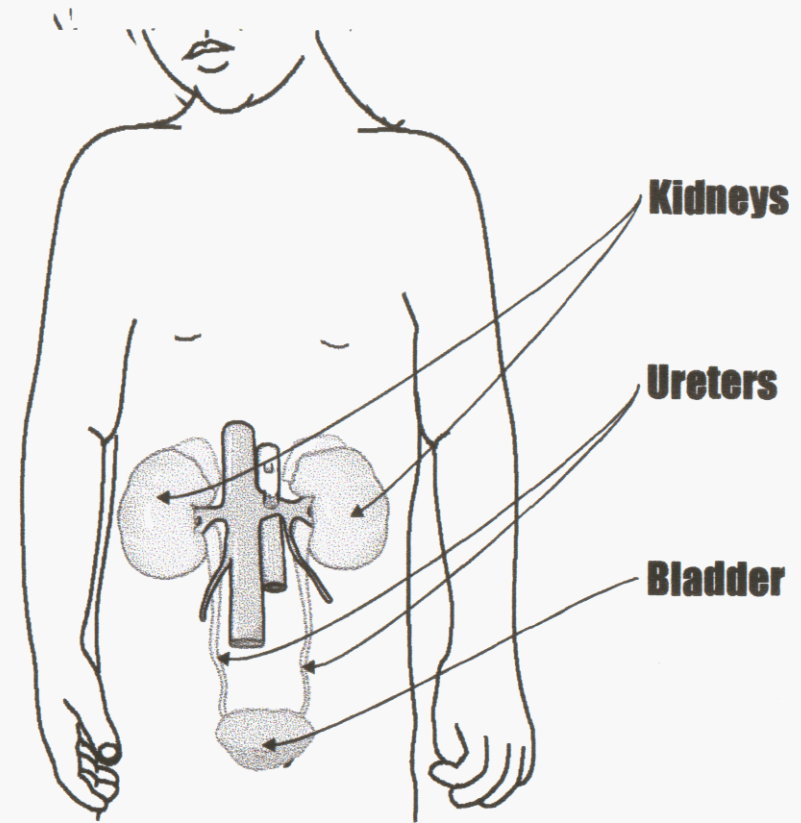
- The doctor will *order antibiotics*. Usually this medicine will be given through an I.V.
- Your temperature, blood pressure and pulse will be *done*.

Extra fluids may be *given* to you through your IV.

Pain medicine will be *ordered* based *on* your needs.

Blood tests and urine tests will be done when you are *admitted* and *maybe* several times during your stay.

A *record* will be kept of how much fluids you get and how much you urinate



What causes urinary tract infections?

- The urinary tract includes the kidneys, ureters, bladder and urethra
- Most urinary tract infections are caused by germs called bacteria.
- Any part of your urinary tract can become infected.