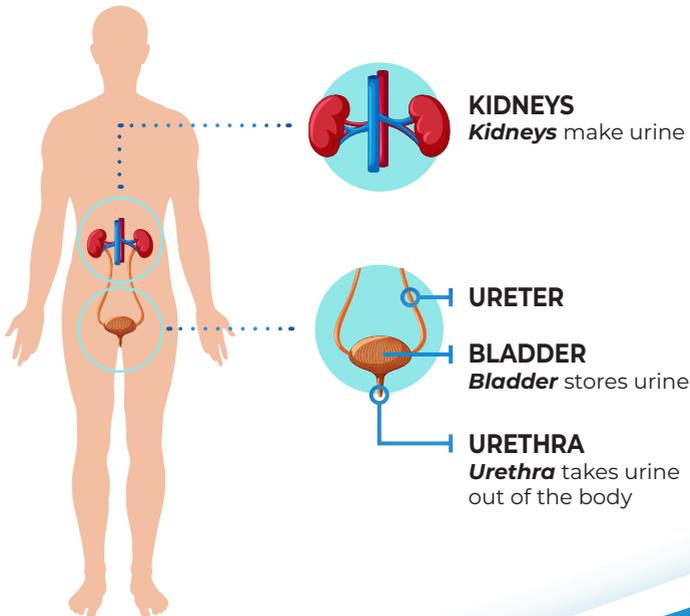


URINARY TRACT INFECTIONS

A leaflet for older adults and their families

WHAT IS A URINARY TRACT INFECTION?

A urinary tract infection occurs when bacteria enter the urinary tract and cause symptoms. The bacteria involved in a urinary tract infection come from your own gastrointestinal tract, where they normally exist.



WHAT ARE THE TYPICAL SYMPTOMS OF A URINARY TRACT INFECTION?



Frequent urination
or urge



Burning sensation or
pain when urinating

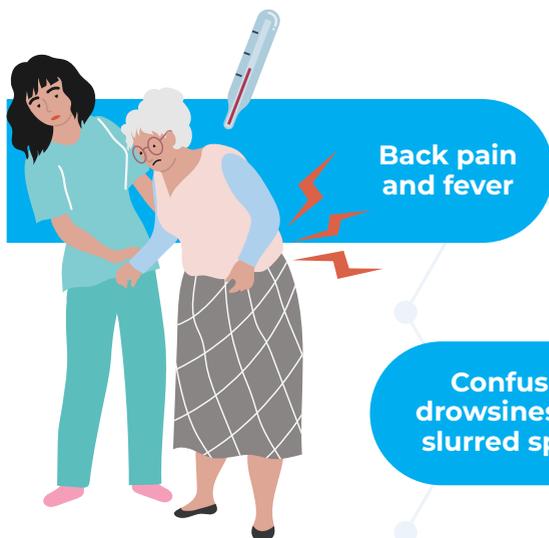


Blood in urine

- If you have some of these symptoms, you may have a urinary tract infection and you should contact a nurse or a medical doctor.
- If your symptoms do not improve within a couple of days after starting antibiotics, contact your doctor/nurse.

WHAT ARE THE SYMPTOMS OF A SERIOUS INFECTION?

If the symptoms above are followed by symptoms below, it may be due to a possibly serious infection or complication and you should contact a healthcare professional urgently:



Back pain
and fever



Confusion,
drowsiness and
slurred speech

ANTIBIOTICS FOR URINARY TRACT INFECTIONS: PROS AND CONS



Antibiotics shorten the duration of urinary symptoms and are life saving by preventing serious complications such as pyelonephritis and septicemia.



Antibiotics can come with side effects. Among the most common ones are rashes, vomiting, diarrhea, and increased risk of yeast infections.



Taking antibiotics increases the risk of resistant bacteria. Bacteria resistant to antibiotics do not respond well to treatment.

WHAT CAN YOU DO TO PREVENT A URINARY TRACT INFECTION?



Wipe genitals from front to back after using the toilet to avoid that bacteria enter the urinary tract.



Change pads and clean genitals if soiled.



Keep the genital area **clean** and **dry**.



Drink **plenty** of water.



Try to **move around** as much as possible

HAPPY PATIENT

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