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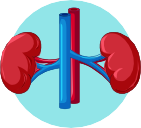
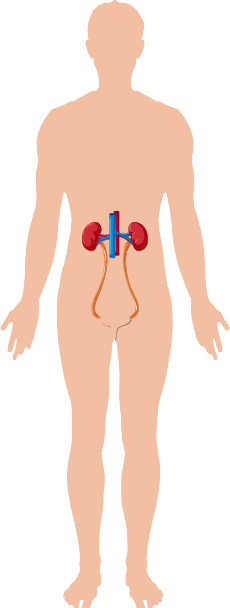
**URINARY TRACT INFECTIONS**

**A leaflet for older adults and their families**

A leaflet for older adults and their families

# WHAT IS A URINARY TRACT INFECTION (UTI)?

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



## KIDNEYS

***Kidneys*** make urine

## URETER BLADDER

***Bladder*** stores urine

## URETHRA

***Urethra*** takes urine out of the body

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THE HEALTH ALLIANCE FOR PRUDENT PRESCRIPTION AND

YIELD OF ANTIBIOTICS FROM A PATIENT-CENTRED PERSPECTIVE

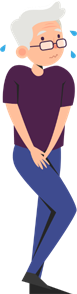
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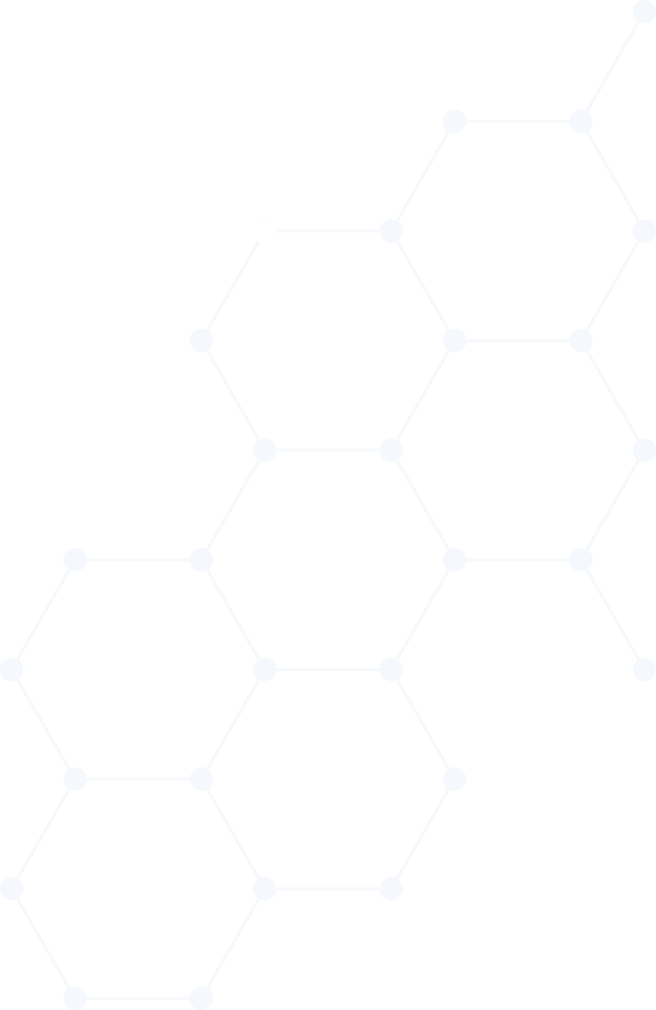
# WHAT ARE THE TYPICAL SYMPTOMS OF A UTI?



frequent urination or urge

Burning sensation or pain when urinating

potentially fever and blood in urine



If you have some of these symptoms, you may have a UTI and you should contact

a nurse or a medical doctor.

**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**

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**ANTIBIOTICS FOR UTIS: PROS AND CONS**

**1**

Antibiotics can shorten the duration of symptoms and can be life saving for serious a UTI.

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

**2**

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

**3**

**4**

If your symptoms do not improve within a couple of days after starting antibiotics, contact your doctor/nurse.

**WHAT CAN YOU DO TO PREVENT IT?**

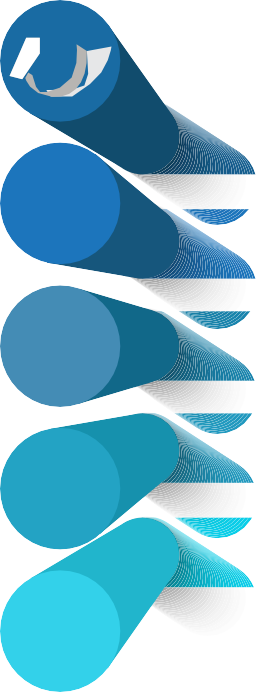
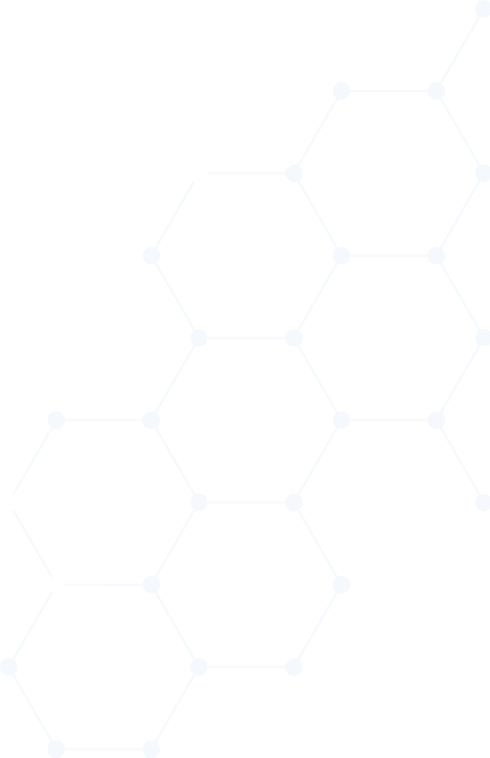
**Wipe genitals from front to back** after using the toilet to avoid that bacteria enter the urinary tract.

**Change pads** and clean genitals if soiled.

Keep the genital area clean and dry. **Avoid using soap**

Drink **plenty** of water.

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



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