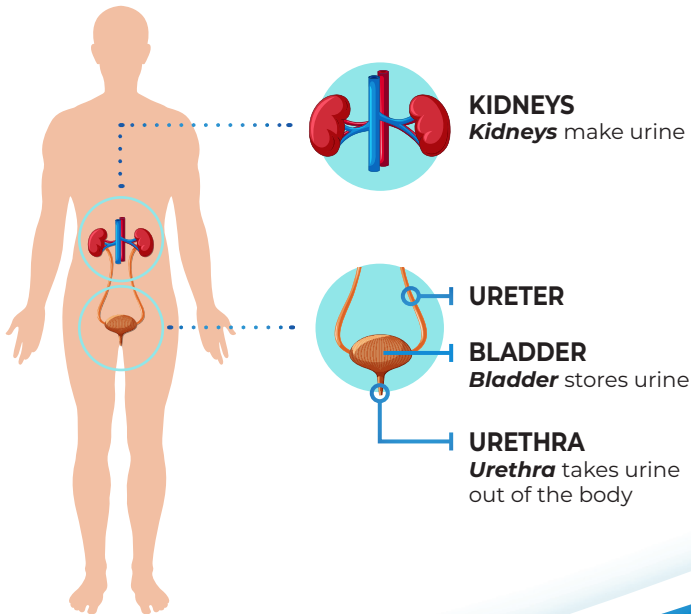


URINARY TRACT INFECTIONS

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.



WHAT ARE THE TYPICAL SYMPTOMS OF A UTI?



frequent urination
or urge



Burning sensation or
pain when urinating

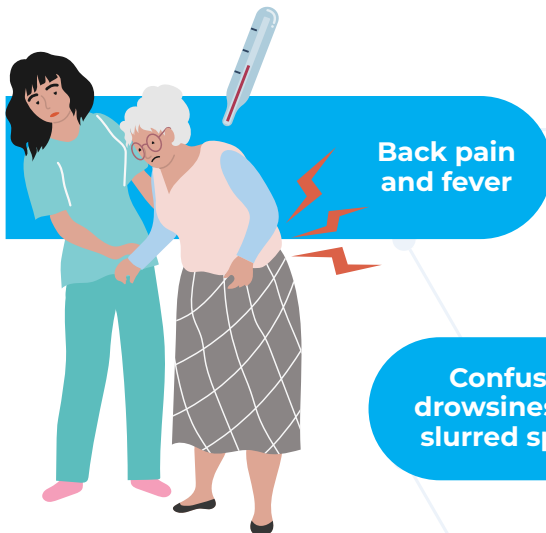


potentially fever and
blood in urine

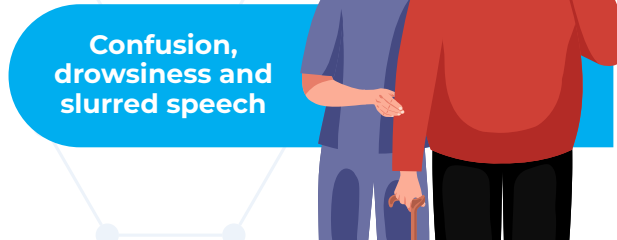
If you have some of these symptoms,
you may have a UTI and you should contact
a nurse or a medical doctor.

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**

ANTIBIOTICS FOR UTIS: PROS AND CONS

- 1 Antibiotics can shorten the duration of symptoms and can be life saving for serious a UTI.
- 2 Antibiotics can come with side effects. Among the most common ones are rashes, vomiting, diarrhea, and increased risk of yeast infections.
- 3 Taking antibiotics increases the risk of resistant bacteria. Bacteria resistant to antibiotics do not respond well to treatment.
- 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

HAPPY PATIENT

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