



## Symptoms of Urinary Tract Infection (UTI):

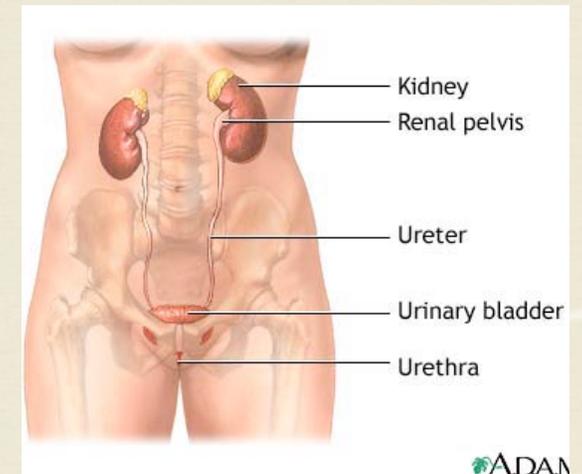
Sometimes a UTI causes no symptoms at all, but most people know quickly when something is wrong. The most common symptoms are:

- Constant urge to urinate
- Passing frequent, small amounts of urine
- Painful, burning sensation while urinating
- Urine may appear cloudy. May also appear bright pink or cola colored which are signs of blood in the urine.
- Foul smelling urine
- Pelvic pain
- Fever

If you suspect you have an infection, you have the option of calling the nurse triage line, or making an appointment at the clinic. Open the brochure for more information.

GRAND ITASCA CLINIC  
1601 Golf Course Rd, Grand Rapids, MN  
55744  
T: (218) 326-3401  
W: [www.granditasca.org](http://www.granditasca.org)

## URINARY TRACT INFECTION (UTI)



# DIAGNOSIS AND TREATMENT...

## Causes of UTI:

Urine is normally sterile, which means it has fluids, salts, and waste but does not contain bacteria, viruses, and fungi. Infection occurs when bacteria migrate into the urethra, the opening where urine leaves the body. Most infections are caused by E. Coli, a bacteria that normally lives in the colon.

Infections can be transmitted through various ways. A common way is through sexual contact. Another source of infection is catheters placed in the urethra. Bacteria can also take over when there is an obstruction of the flow of urine, such as a kidney stone. Sometimes there is no identifiable cause found.

Unfortunately, infections tend to recur, particularly in women, but there are some things you can do to help avoid infection.

## Prevention:

Once you have had a UTI, you may be at high risk for another. To avoid recurrences, drink plenty of water and other liquids, urinate often, void after intercourse, and use careful hygiene after a bowel movement. If you have recurring infections, be sure to talk with your doctor and to ask if additional tests are needed.



## How is a UTI diagnosed?

If you have a history of uncomplicated UTIs, and your symptoms meet the requirements for the phone nurse guidelines of an uncomplicated urinary tract infection, you may have the option to be treated over the phone. If for any reason your symptoms or circumstances are more serious or complicated, it is important that you are seen by a physician so an appropriate work up and laboratory tests can be done.

Some more serious symptoms include:

- fever  $>38\text{C}/100.4\text{F}$
- symptoms for more than 7 days
- vaginal discharge or irritation (vagininitis)
- blood in the urine in patients older than 50
- immunosuppression (chemo drugs, steroids)
- diabetes mellitus
- pregnancy
- chronic renal or urologic abnormalities
- recent or persistent urinary stones,
- urinary catheter or other urologic procedure within 2 weeks
- treatment for UTI within 2 weeks

## Treatment:

UTIs are usually treated with antibiotics. The choice of drug and the length of treatment depend on your medical history and the identity of the cause. It is always important to report drug allergies, especially if you have an allergy to a sulfa-containing medications. Always finish your entire prescription, even if you are feeling better.

If your symptoms do not improve, or worsen after treatment it is important to be seen by a provider as soon as possible

For more information...

Go to [familydoctor.org](http://familydoctor.org) and type in the search box "UTI women"