

Title: Frequent Urinary Tract Infection – women

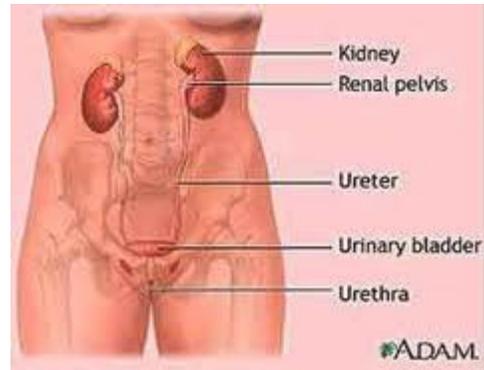
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Plain Language Summary:

What is a UTI?

A urinary tract infection (UTI) is an infection of your urinary tract. Your urinary tract contains 4 parts:

- (1) The urethra - the tube that allows urine to pass from your body to the outside.
- (2) The bladder – the sac which keeps your urine.
- (3) The ureters – two tubes which transport urine from the kidneys to the bladder.
- (4) The kidneys – they look like beans and are on each side of your lower back. They produce urine.



What does a UTI feel like?

There are many signs which can indicate you have a UTI. The following is a list of common symptoms:

- (1) your urine becoming bloody or cloudy
- (2) your urine smelling bad or strong
- (3) you have pain and a burning sensation when you pee
- (4) you can have a fever
- (5) you feel like you have to pee a lot even when you have just peed

It is good to keep in mind that symptoms can be different for different people. If you had a diagnosed UTI in the past, and have the same symptoms as before, it is very likely you have another UTI. People who have frequent UTI can very accurately diagnose themselves.

When should I see a doctor?

1. If this is the first time you are having symptoms, it is recommended you go see a doctor for treatment.
2. If you had the same symptoms in the past, it is okay for you to take a two day course of the antibiotic you were prescribed. If you do not feel better after 2 days, you should go see a doctor.
3. If you have any of the following symptoms you should go see a doctor:
 - Fever of 101 or more, chills, night sweats
 - Nausea, vomiting
 - Pain in your sides
 - Pain in the abdomen area

The symptoms above might indicate the infection has spread to your kidneys.

What will the doctor do if you go to a clinic?

The doctor might have you pee in a cup and will test your urine for infection. Sometimes the doctor will just give you a 3 day course of antibiotic without testing you. Remember to go back to your doctor if your symptoms do not improve in 2 days.



Do I need to see a doctor every time I have a UTI?

No. If you have frequent UTIs, your doctor might choose to give you a refill on the antibiotic. He will do this so you can treat yourself when you think you have UTI. Again, if your symptoms persists past 2 days or are different from your usual ones, see a doctor.

What can I do to minimize my risks of getting a UTI?

UTI are very common, especially in women. Some women just seem to get it more often. There are few things you can do to decrease your risks of getting a UTI:

1. Drinking plenty of fluids
2. Do not drink too much caffeine or alcohol which might irritate the bladder.

What if you still have more questions?

<http://www.nlm.nih.gov/medlineplus/ency/article/000521.htm>

<http://www.mayoclinic.com/health/urinary-tract-infection/DS00286>

5 keywords: UTI, Hematuria, Frequency, Urgency, Pyelonephritis