

Urinary Tract Infection (UTI)

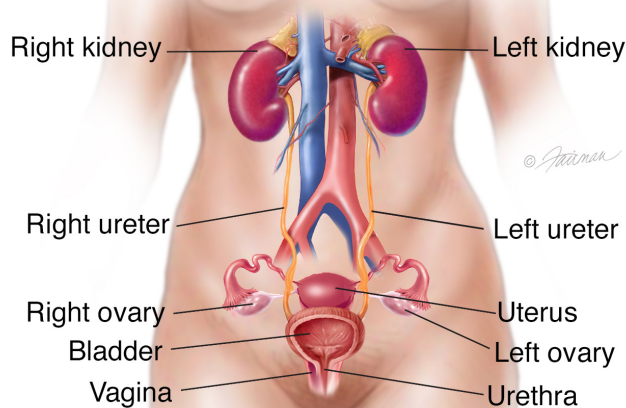
- Treatment and Antibiotic Tips

Urology Care
FOUNDATION™

*The Official Foundation of the
American Urological Association*

WHAT IS A URINARY TRACT INFECTION?

A urinary tract infection (UTI) is a bacterial or fungal infection in any part of the urinary system but most often in the bladder.



HOW COMMON ARE UTIs?

People of any age or sex can get UTIs, but bladder infections are more common in women. Studies show that nearly half of all women will get a UTI in their lifetime. And, one in four women will have a repeat infection.

Common reasons for UTIs are having sex, high blood sugar, menopause, pregnancy, kidney stones, an enlarged prostate

or having problems with your body's ability to fight disease or other sickness. Also, UTIs are more common in people who have been on bedrest, had a urinary catheter or had certain surgeries.

WHAT ARE THE SYMPTOMS OF A UTI?

- Pain or burning when you go to the bathroom
- An urge to go to the bathroom often, even when your bladder is empty
- Cloudy or bloody urine

HOW IS A URINARY TRACT INFECTION TREATED?

Simple UTIs can be treated with a short course of antibiotics. A three to five-day course of antibiotics will often treat simple UTIs. Your doctor will tell you to take a single dose per day or up to four doses per day. You should talk with your healthcare provider before starting any of these.

Complicated UTIs may need a longer course of antibiotics. You may even need to get intravenous (IV) antibiotics. After a short period of IV antibiotics, you may still have to take antibiotics by mouth for many more weeks.

Pain and the urge to pass urine often go away after a few doses of antibiotics, but you should still take the full course of the drug even if you feel better. Unless UTIs are fully treated, they can often return. You should also drink plenty of liquids during treatment.

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Urinary Tract Infection (UTI) - Treatment and Antibiotic Tips

DO'S AND DON'TS OF TAKING ANTIBIOTICS:

Do's

- Do follow your doctor's advice on how to take your medicine
- Do take your medicine at scheduled times
- Do take your medicine even after you start feeling better
- Do drink plenty of liquids while taking antibiotics
- Do call your doctor if you are not feeling better in a couple of days. He/she may want to try another treatment or order more tests
- Do wear protective clothing when outdoors as some antibiotics may cause you to get sunburned
- Do use a second form of birth control while on antibiotics if using birth control pills
- Do tell your doctor if you are pregnant or nursing when you are prescribed antibiotics

Don'ts

- Don't skip a dose of your medicine as each dose is needed to get better
- Don't stop taking your medicine
- Don't take antibiotics prescribed for someone else
- Don't save any medicine for the next time you are ill

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

DISCLAIMER

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For more information about urologic conditions, visit UrologyHealth.org/Order or call 800-828-7866.

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