



# Urinary Tract Infection

## AFTER CARE INFORMATION

What you can do to

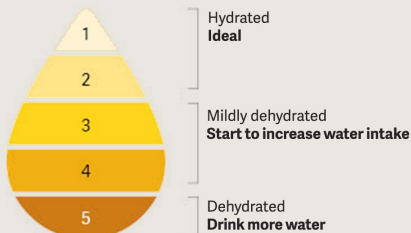
## PREVENT A UTI

- Drink plenty of fluids, preferably water.
- Go to the toilet as soon as you feel the need to urinate.
- Wear cotton underwear and avoid wearing tight fitting clothing, such as tight jeans or trousers.
- Where possible, take showers rather than baths.
- If you have a bath, try not to stay in the water longer than 15 minutes.
- If diabetic, maintain good control of blood sugar levels.
- Stop bacteria spreading from your bowel into your bladder:
  - » After urination, women should wipe from front to back to prevent infections.
  - » Keep the genital area clean and dry.
  - » Change sanitary pads and incontinence pads often, and clean genital area if soiled.
  - » Avoid highly scented soaps, vaginal deodorants, creams and bath products as these can irritate the genital area.
  - » Use only a mild soap and make sure you wash it off thoroughly.
  - » Wash your genitals every day.

### ARE YOU DRINKING ENOUGH?

Look at the colour of your urine. Drink enough fluid (6 - 8 glasses) so that you pass urine regularly during the day, and to avoid feeling thirsty, especially during hot weather. Your bladder can be irritated by too much alcohol, fizzy drinks or caffeine.

*Are you drinking enough water?*



### PREVENTING UTIS AFTER SEX

- Females should wash the external vaginal area with water before and after sex.
- Urinate before and after sex.
- You may find using a water-based lubricant during sex may help.



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## AFTER CARE INFORMATION CONTD.

### SYMPTOMATIC TREATMENT

- ✓ **Drink 1.5 litres more fluid than usual** to keep hydrated while flushing the bacteria out of the urinary tract.
- ✓ **Simple pain relievers** (e.g. paracetamol, ibuprofen) can reduce pain and discomfort.
- ✓ **Urinary alkalinising agents** (e.g. Ural, Citravescent) may relieve dysuria (pain or burning when passing urine), however their safety and efficacy have not been established. These should not be used concurrently with nitrofurantoin antibiotics.

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### ANTIBIOTIC TREATMENT

#### Nitrofurantoin

- Take with food or milk.
- Do not take urinary alkalinisers or antacids.
- May cause discolouration (brown or rust-yellow) of the urine.
- May stain soft contact lenses.

#### Trimethoprim

- Take at night to maximise urinary concentrations.

**It is important to finish the course of antibiotics and not stop early if UTI symptoms improve or resolve.**

**UTI symptoms often improve within two days of starting treatment with an antibiotic.**

### IMPORTANT

Seek medical attention if:

- **Your symptoms do not improve within 2 or 3 days after starting antibiotic treatment.**
- **Your symptoms return within 2 weeks after finishing antibiotic treatment.**
- **You have symptoms of a kidney infection (fever, chills, back or side pain, nausea or vomiting).**