

Urinary tract infection – adult

Patient education

What is a urinary tract infection?

A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes:

- Kidneys
- Ureters
- Bladder
- Urethra

Urine is produced, stored, and eliminated by the urinary system.

What causes a urinary tract infection?

Bacterial infections are the most common cause of a urinary tract infection.

What increases the risks?

- You have a catheter to drain urine
- You cannot control bowel or urine function
- You are female and use the following methods to prevent pregnancy
 - Spermicide
 - Diaphragm
- You have low levels of estrogen
- You are pregnant
- Genetic history of UTI
- You are sexually active
- You take antibiotic medicines
- You are diabetic
- You have a weak immune system

How do I know that I have a urinary tract infection?

- Urgently needing to urinate
- Urinating often in small amounts
- There is blood in urine
- Urine smells bad
- Difficulty urinating
- Urine is cloudy
- Fluid coming from vagina (female)
- Vomiting
- Loss of appetite
- Diarrhea
- Fever

How is this treated?

- Medicine
 - Antibiotics
- Drinking plenty of water

If you have been diagnosed with a urinary tract infection, please contact your doctor or health care provider immediately if you are experiencing any of the following:

- You do not get better after 1-2 days
- Your symptoms come and go
- Nausea/vomiting/discomfort in the lower back or side of the abdomen

If you have been diagnosed with a urinary tract infection, please get help immediately if you are experiencing any of the following:

- You have back pain
- You have pain in your abdomen
- You have a fever
- You feel nauseous/ vomiting

Where can I get more information?

Urinary Tract Infection (UTI)

Website: <https://www.patientsafetyinstitute.ca/en/toolsResources/UTI/>

Urinary Tract Infections (UTIs) in Women

Website: <https://cwhn.ca/en/UTIfaq>

Reference: Urinary Tract Infection. (2021, June 08). Elsevier Inc: ClinicalKey for Nursing.

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