

## URINARY TRACT INFECTION (UTI)

**What is a UTI?**

There are two kinds of UTI. Cystitis is an infection of the bladder, the part of the body that stores urine after it is made. Urethritis is an infection of the urethra, the part of the body that carries urine from the bladder to outside the body. All people can get UTIs. They are more common in women.

If a UTI is not treated right away, the infection may move up to the kidney and cause a more serious infection called pyelonephritis.

**What causes a UTI?**

Bacteria that live in the vagina, genital and anal areas may enter the urethra, travel to the bladder, and cause cystitis. Urethritis is commonly caused by the sexually transmitted infection, chlamydia. It may also be caused by gonorrhea or other organisms.

**What are the symptoms of a UTI?**

You may have any of the following:

- Need to urinate often, usually in small amounts
- Urgent need to urinate
- Pain or burning when you urinate
- Pressure or cramps in your belly when you urinate
- Bad-smelling and/or cloudy urine
- Blood in your urine
- Pain with sex
- Fever, and sometimes sweats or chills
- Pain in your mid-back (to the right or left of the spine)

**How is a UTI treated?**

Medicines are used to treat UTIs. Read the information about the medicine we give you. Take all the medicine on time until it is all gone. If you are allergic to any medicines, or if you think you may be pregnant, tell your doctor or nurse right away.

If your symptoms do not go away with the medicine we give you, you need to come back to the clinic. You may need more tests.

**What can I do to keep from getting a UTI again?**

- Make sure you finish all your medicine, even though you feel better.
- Be sure to drink plenty of water to keep your urinary tract flushed.
- Urinate as soon as you need to. Don't hold it.
- Urinate before and after sex.
- Drinking cranberry juice or taking cranberry pills may help if you get a lot of UTIs.





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**Your health is important to us.** If you have any questions or concerns, please call us. We are happy to help you.

**Call us right away at (800) 657-5177 if you have**

- Have a fever of 100.4°F or higher
- Feel worse at any time
- Have nausea or vomiting that keeps you from taking the medicine
- Don't feel any better or have blood in your urine

