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| **Possible urinary symptoms** | **Recommended care** | **Types of urinary tract infections** |
| **Frequency**: Passing urine (wee) more often than usual **Dysuria**: Burning pain when passing urine **Urgency**: Feeling the need to pass urine immediately **Haematuria**: Blood in your urine **Nocturia**: Needing to pass urine in the night **Suprapubic pain**: Pain in your lower tummy Other things to consider **Recent sexual history** - Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI. -Inflammation due to sexual activity can feel similar to the symptoms of a UTI. | * **Mild symptoms**

 -Antibiotics less likely to help. -Usually lasts 3 to 7 days.* **Severe symptoms**

 -Antibiotics are likely to help.* **With antibiotics:**

-Symptoms should start to improve within 48 hours.-Symptoms usually last 3 days. | UTIs are caused by bacteria getting into your urethra or bladder, usually from your gut. Infections may occur in different parts of the urinary tract.**Kidneys** * Infection in the upper urinary tract

Pyelonephritis (pie-lo-nef-right-is)**Bladder** * Infection in the lower urinary tract

 Cystitis (sis-tight-is)**Urethra** * Infection or inflammation in the urethra

 Urethritis (your-ith-right-is) |
| **Self-care to help yourself get better more quickly** | **When should I get help?**Contact your GP practice for an appointment with an Advanced Nurse Practitioner or GP | **Options to help prevent a UTI** |
| * Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses including water, decaffeinated and sugar-free drinks.
* Take paracetamol or ibuprofen at regular intervals for pain relief, if you’ve had no previous side effects.
* You could try taking cranberry capsules or cystitis sachets. These are effective for some UTI’s, however there is currently little evidence to support their use.
* Consider the risk factors in the ‘Options to help prevent UTI’ column to reduce future UTIs.
 | The following symptoms are possible signs of serious infection and should be assessed urgently.1. You have shivering, chills and muscle pain.2. You feel confused, or are very drowsy.3. You have not passed urine all day.4. You are vomiting.5. You see blood in your urine.6. Your temperature is above 38◦C or less than 36◦C.7. You have kidney pain in your back just under the ribs.8. Your symptoms get worse / not starting toimprove a little within 48 hours of takingantibiotics. | Stop the spread of bacteria from your gut into your bladder through increased personal hygiene.Avoid waiting to pass urine. Pass urine as soon as you need a wee.Go for a wee and wash after having sex to flush out any bacteria that may be near the opening to the urethra.Drink enough fluids to make sure you wee regularly throughout the day, especially during hot weather.If you are female with recurrent UTI’s and have been through the menopause, you could consider topical hormonal treatment, for example, vaginal creams. |

**Urinary Tract Infection (UTI) Information Leaflet**