

PREVENTION TIPS

DO's:

- Drink plenty of fluids, consume at least 8 glasses of water or sugar free liquids daily, urine should be pale yellow in color if you are drinking enough fluids.
- Keep the genital area clean and dry.
- Wipe from the front to the back when you go to the toilet to avoid spreading bacteria from the anus to the vagina (females).
- Clean under the foreskin in uncircumcised males.
- Promptly change nappies, sanitary pads or incontinence pads if they are soiled.
- Urinate as soon as possible after intercourse
- Take showers instead of baths.
- Cranberry juice or cranberry products may be helpful (do not use if you take warfarin).

DON'Ts:

- Do not hold urine in if you feel the urge to go, empty the bladder promptly as the need arises.
- Do not rush when you go to the toilet, try to fully empty your bladder.
- Do not use scented soaps, bath oils, or bubble bath.
- Do not wear tight synthetic underwear, such as nylon.
- Do not use douches/feminine hygiene sprays that have deodorant (females).
- Do not consume that are carbonated, have caffeine or alcohol as they can irritate the bladder.

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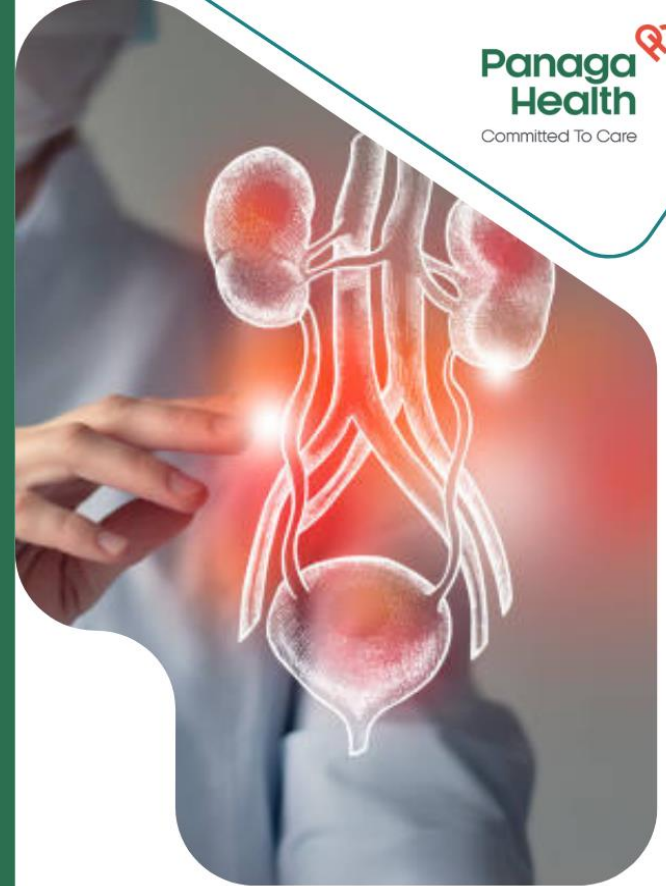
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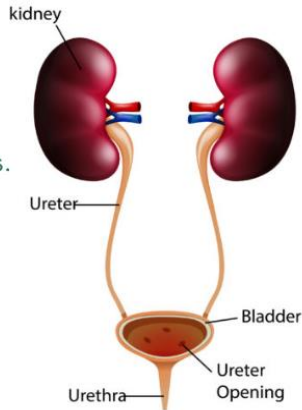
URINARY TRACT INFECTION (UTI) WHAT YOU NEED TO KNOW

WHAT IS UTI?

A urinary tract infection is a common infection of the urinary system which can include the:

- Urethra (tube connecting the bladder that carries urine out of the body)
- Bladder
- Kidney

These infections can affect anyone but are more common in females.



CAUSES

Bacteria, especially *E. coli*, are the most common cause of a UTI. These bacteria live naturally in your colon but can cause infection in the bladder or kidney if they enter the urethra. Females are at greater risk as the urethra is shorter and closer to the anus. Factors contributing to UTIs include the following:

- poor hygiene, not keeping the genitals clean and dry, wiping back to front
- dehydration
- intercourse
- pregnancy
- medical conditions like suppressed immune system, diabetes, kidney stones, or enlarged prostate

COMMON SYMPTOMS

- Needing to urinate more often than usual or more urgently than usual.
- Pain or burning sensation while urinating.
- Pain in your side or lower back.
- Cloudy, foul-smelling urine.
- Fever or chills.

Symptoms in Children:

- Fever or high temperature, your child feels hotter than usual.
- Irritability.
- Poor feeding .
- Weight loss.
- Wetting the bed or wetting themselves.
- Vomiting or diarrhea.



WHEN TO SEE A DOCTOR

In some cases, a UTI will go away on its own. See your doctor if you have any of the following:

- Your symptoms get worse or do not improve within 2 days.
- Fever or chills.
- Blood in your urine.
- If you have a low body temperature below 36 degrees Celsius.
- Your symptoms come back after treatment or if you get UTIs frequently.

TREATMENT

Your doctor may do a urine test to confirm the infection.

Most UTI's need antibiotics as treatment.

If you are given antibiotics, ensure you take the pills until they are finished to ensure the infection is treated. Otherwise, the infection may become more difficult to treat and the bacteria can become antibiotic resistant.

