Pyelonephritis (Kidney Infection)

Your exam shows you have a kidney infection (*pyelonephritis*).

SYMPTOMS

Symptoms of a kidney infection include:

- Fever and chills.
- Pain with urination.
- Abdominal or back pain.
- Cloudy urine.
- Nausea and vomiting.
- Urine having a bad smell.

TREATMENT

- Kidney infections can often be treated at home.
- Sometimes hospital care with IV fluids and antibiotics are needed.
- **Antibiotics are necessary for at least 10-14 days.**
- Children who have had a kidney infection need a complete urological evaluation. This will prevent further problems. Contact your caregiver right away to arrange for proper follow-up.
- Follow-up care is important. Make sure the infection is gone. A kidney infection can cause permanent damage if not treated.

HOME CARE INSTRUCTIONS

- Rest for the next few days until you are better.
- Drink plenty of extra fluids (up to 2-3 quarts daily). This will prevent dehydration. It will also reduce irritation with urinating.
- Take all the antibiotic drugs prescribed by your caregiver.
- Mild pain medicine can help reduce discomfort and fever.

SEEK IMMEDIATE MEDICAL CARE IF:

- You are vomiting so badly you cannot keep your medicine or fluids down.
- You develop a very high fever over 103º F (39.4º C).
- You experience extreme weakness or fainting.
- There is no improvement after 2 days of treatment.

Call your caregiver or the emergency room right away if you have any of these symptoms.

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