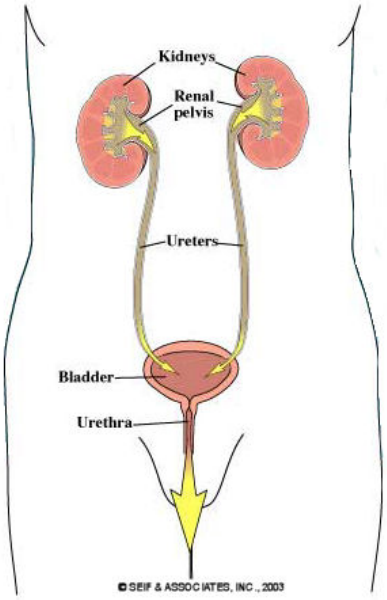
Care of a Urinary Tract Infection (UTI)

A urinary tract infection (UTI) is often caused by a germ (*bacteria*). A UTI is usually helped with medicine (*antibiotics*) that kills germs. Take all the medicine until it is gone. Do this even if you or your child is feeling better. You are usually better in 7 to 10 days.



HOME CARE

- **Drink enough water and fluids to keep your pee (*urine*) clear or pale yellow.** Drink:
  - Cranberry juice.
  - Water.
- **Avoid:**
  - Caffeine.
  - Tea.
  - Bubbly (*carbonated*) drinks.
  - Alcohol.
- Only take medicine as told by your doctor.

FINDING OUT THE RESULTS OF YOUR TEST

Ask your doctor when your or your child's test results will be ready. Make sure you follow up and get the test results.

TO PREVENT FURTHER INFECTIONS:

- Pee often.
- After pooping (*bowel movement*), women should wipe from front to back. Use each tissue only once.
- Pee before and after having sex.

GET HELP RIGHT AWAY IF:

- There is very bad back pain or lower belly (*abdominal*) pain.
- You or your child get the chills.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You or your child feels sick to their stomach (*nauseous*) or throws up (*vomits*).
- There is continued burning with peeing.
- Your or your child's problems are not better in 3 days. **Return sooner if you or your child is getting worse.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 03/14/2011
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