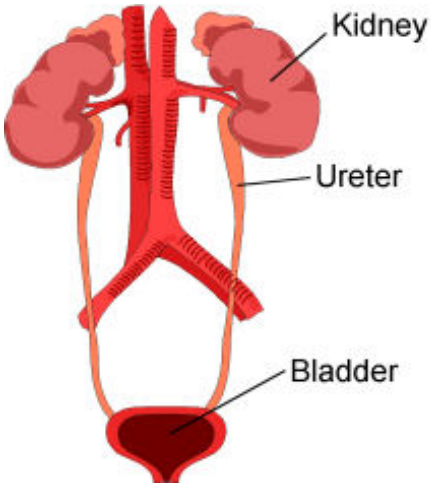
# Urinary Tract Infection (UTI)

Infections of the urinary tract can start in several places. A bladder infection (*cystitis*), a kidney infection (*pyelonephritis*), and a prostate infection (*prostatitis*) are different types of urinary tract infections. They usually get better if treated with medicines (*antibiotics*) that kill germs. Take all the medicine until it is gone. **You or your child may feel better in a few days, but TAKE ALL MEDICINE or the infection may not respond and may become more difficult to treat.**




## HOME CARE INSTRUCTIONS

- **Drink enough water and fluids to keep the urine clear or pale yellow.** Cranberry juice is especially recommended, in addition to large amounts of water.
- Avoid caffeine, tea, and carbonated beverages. They tend to irritate the bladder.
- Alcohol may irritate the prostate.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

## FINDING OUT THE RESULTS OF YOUR TEST

Not all test results are available during your visit. If your or your child's test results are not back during the visit, make an appointment with your caregiver to find out the results. Do not assume everything is normal if you have not heard from your caregiver or the medical facility. It is important for you to follow up on all test results.

## TO PREVENT FURTHER INFECTIONS:

- Empty the bladder often. Avoid holding urine for long periods of time.
- After a bowel movement, women should cleanse from front to back. Use each tissue only once.
- Empty the bladder before and after sexual intercourse.

## SEEK MEDICAL CARE IF:

- There is back pain.
- You or your child has an oral temperature above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- Your or your child's problems (*symptoms*) are no better in 3 days. **Return sooner if you or your child is getting worse.**

## SEEK IMMEDIATE MEDICAL CARE IF:

- There is severe back pain or lower abdominal pain.
- You or your child develops chills.
- You or your child has an oral temperature 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.**
- There is nausea or vomiting.
- There is continued burning or discomfort with urination.

## 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
ExitCare® Patient Information ©2011 ExitCare, LLC.