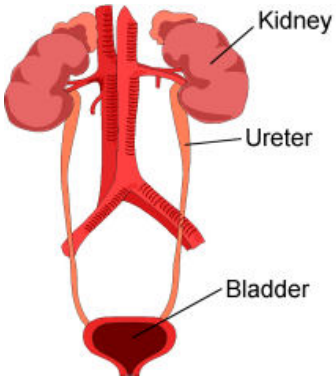
Urinary Tract Infection (UTI), Child

A urinary tract infection (UTI) is an infection of the kidneys or bladder. This infection is usually caused by a germ *(bacteria)*.



CAUSES

- Ignoring the need to urinate or holding urine for long periods of time.
- Not emptying the bladder completely during urination.
- In girls, wiping from back to front after urination or bowel movements.
- Using bubble bath, shampoos or soaps in your child's bath water.
- Constipation.
- Abnormalities of the kidneys or bladder.

SYMPTOMS

- Frequent urination.
- Pain or burning sensation with urination.
- Urine that smells unusual or is cloudy.
- Lower abdominal or back pain.
- Bed wetting.
- Difficulty urinating.
- Blood in urine.
- A fever.
- Irritability.

DIAGNOSIS

A UTI is diagnosed with a urine culture. A urine culture detects bacteria and yeast in urine. A sample of urine will need to be collected for a urine culture.

TREATMENT

A bladder infection (*cystitis*) or kidney infection (*pyelonephritis*) will usually respond to *antibiotics*. These are medications that kill germs. Your child should take all the medicine given until it is gone. **Your child may feel better in a few days, but give ALL MEDICINE. Otherwise, the infection may not respond and become more difficult to treat.** Response can generally be expected in 7 to 10 days.

HOME CARE INSTRUCTIONS

- **Give your child lots of fluid to drink.**
- Avoid caffeine, tea, and carbonated beverages. They tend to irritate the bladder.
- Do not use bubble bath, shampoos or soaps in your child's bath water.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- **Do not give aspirin to children**. It may cause Reye's Syndrome.
- It is important that you keep all follow-up appointments. Be sure to tell your caregiver if your child's symptoms continue or return. For repeated infections, your caregiver may need to evaluate your child's kidneys or bladder**.**

To prevent further infections:

- Encourage your child to empty their bladder often and not to hold urine for long periods of time.
- After a bowel movement, girls should cleanse from front to back. Use each tissue only once.

SEEK MEDICAL CARE IF:

- Your child develops back pain.
- 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 child develops nausea or vomiting.
- Your child's symptoms are no better after 3 days of antibiotics.

SEEK IMMEDIATE MEDICAL CARE:

- Your child has an oral temperature above 102° F (38.9° C).
- 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.**

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