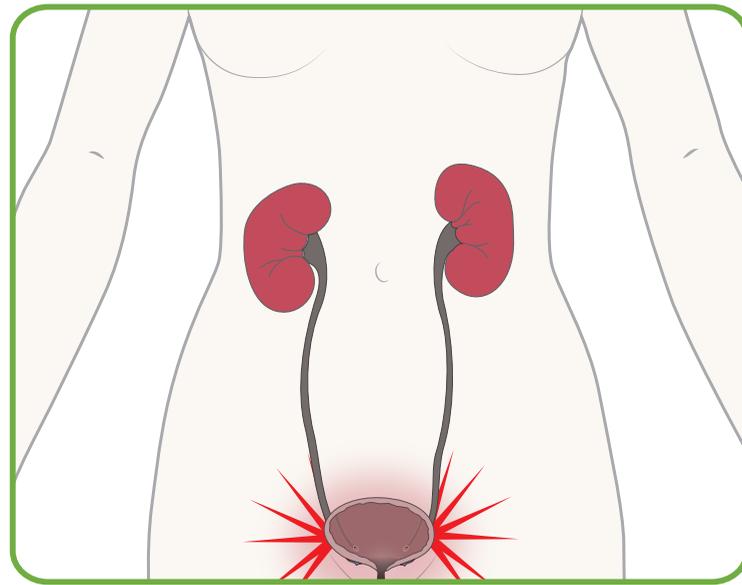


# Urinary Tract Infection



 Office d'éducation des patients du CUSM  
MUHC Patient Education Office



This material is also available on the  
MUHC Health Education Collection (<http://infotheque.muhc.ca/>)  
MUHC Patient Education Office ([www.muhcpatienteducation.ca](http://www.muhcpatienteducation.ca)).

This material was developed by the McGill  
University Health Centre Emergency Department.

## What is wrong?

You have been diagnosed with a bladder infection. This is caused by bacteria (germs) growing in the urine (pee).

Symptoms of a bladder infection include:

- ▶ Burning or pain when you urinate
- ▶ Feeling like you need to urinate more often than usual
- ▶ Feeling the urge to urinate but not being able to
- ▶ Cloudy, dark, smelly or bloody urine

## What should I do at home?

It is important to treat a bladder infection to stop the germs from getting into your kidneys and blood.

Your doctor will prescribe antibiotic pills to get rid of the infection. You must finish all the pills, even if you feel better before they are all gone. Ask your pharmacist to tell you how and when to take the pills.

Women tend to get urinary tract infections more often than men because bacteria can reach the bladder more easily. To help prevent future infections, women should wipe from front to back after using the toilet and urinate just after sex.

You should also:

- ▶ Drink lots of fluids.
- ▶ Urinate when you feel like you need to (don't hold your urine).
- ▶ You may otherwise do your usual activities.

## When am I going to feel better?

Your symptoms should go away within 2 to 3 days after starting the antibiotics.

Your doctor might also suggest pain killers to make you feel more comfortable until the antibiotics start to work.

## Should I see another doctor?

You should follow up with a family doctor if your symptoms are not better in 3 days.

## When should I come back to the Emergency Department?

You should return right away if:

- ▶ You have fever above 38°C - 100.4°F or chills
- ▶ You have bad pain in your back or increasing belly pain
- ▶ You throw up
- ▶ You are unable to urinate

## Notes