Cystitis, Bladder Infection or UTI (names used to describe the same infection)

What to know...What to do?

• Most infections are caused by bacteria. Any part of the urinary tract can become infected. The urinary track includes the kidney, bladder and urethra. Bladder and urethra infections are the most common.

• Symptoms of a UTI include: burning sensation when you urinate, feeling like you need to urinate more often than usual, cloudy, dark or blood in urine, leaking a little urine, feeling the urge to urinate but not being able to, fever, pelvic pain or low back pain.

• Having sex may cause an infection because bacteria can be pushed into the urethra. Urinate before and after sex and drink plenty of water. May help prevent bladder infections.

• Don’t hold your urine. Urinate when you feel like you need too!!

• In women the urethra is short and near the rectum. Bacteria from the rectum can easily travel up the urethra. Always wipe from front to back.

• If you think an infection is starting it will help to increase your fluid intake. Drinking large amounts of water and acid based drinks (cranberry juice) may flush your system and avoid the infection.

• UTI are diagnosed by bacteria being present in the urine. A urine sample and urinalysis is required to correctly diagnose a UTI.

• Antibiotics are prescribed to treat a UTI; you should feel better in 1-2 days but finish all the antibiotics!

Visit the Welty Health Center if...

• Develop a fever or chills
• Symptoms intensify or back pain worsens
• You become sick from the prescribed medication. 10/10/14