

Urinary Tract Infection (UTI)

Urinary tract infection is caused by having bacteria in the organs that help you urinate. This infection will usually respond to antibiotics. Tips that may help you to prevent UTI include the following:

- Avoid holding urine for extended periods of time. Empty the bladder often.
- Drink 6-8 glasses of water every day
- Empty the bladder before and after sexual intercourse.
- After a bowel movement, wipe your self from front to back.

Symptoms of UTI:

Frequency of urination, lower abdominal or lower back pain, burning upon urination, felling tired, urine urgency but unable to empty the bladder, lower abdominal pressure with urination, and slight fever, and sometimes nausea and vomiting. You may not experience all the symptoms at the same time.

If you start feeling these symptoms:

Drink plenty of water, avoid caffeine (tea and soda) they tend to irritate the bladder, take aspirin or Tylenol (if you are not allergic) to help with the fever and discomfort, Drink cranberry juice, and see your health care provider to get a urine test and a prescription for antibiotics. A few days after you start using antibiotics you may feel better, but finish all medicine as ordered by your doctor or the infection may not respond and become more difficult to treat.

Call your doctor immediately if;

Have continued burning or discomfort with urination.

Develop chills and fever.

Develop severe back pain or lower abdominal pain

Develop nausea or vomiting.