



Information for patients and families about

Urinary tract infections

What is a urinary tract infection?

A urinary tract infection is an infection of the bladder or kidneys. It is usually caused by bacteria.

You are more likely to get a urinary tract infection if you:

- are a woman
- need a catheter to drain urine from your bladder
- have diabetes
- have taken antibiotic medication over a long time
- are a man with prostate disease

What are the symptoms of a urinary tract infection?

Tell your nurse if you have any of these symptoms:

- passing urine often
- a burning feeling when you pass urine
- blood in the urine
- cloudy or foul smelling urine
- a sudden loss of bladder control
- a fever
- feeling confused

What are some ways to prevent urinary tract infection?

- empty your bladder and women should always wipe from front to back
- wear underwear with a white cotton crotch and avoid tight fitting pants
- wash your hands often and wash before eating and after using the toilet

What happens if I get a urinary tract infection?

You will have a urine test to find out if you have a urinary tract infection. The doctor or nurse practitioner may prescribe a medication, called an antibiotic, to fight the infection. You will need to take the medication for 7 to 14 days.

Your urine will be tested again after you complete your medication. You may need to take medication for a longer time to make sure the infection is gone or to prevent another infection.

What if my condition gets worse?

A urinary tract infection can be treated in a Long Term Care Home. It is rare to have complications.

You may be referred to see a member of the Health Care Team if your health gets worse. Your Health Care Team will decide if you will go to the hospital. This decision is made after talking with you and your family, and reviewing your wishes called Advanced Directives.

<p>You Can also talk to the visiting Nurse Practitioner. Call 905-529-1613 ext. 227</p>
