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## Urinary Tract Infection Advice

You have been assessed and diagnosed to be suffering from a Urinary Tract infection (UTI) and have been started on an antibiotic as the current guidelines indicate.

The antibiotic you have been given is:

UTI's are caused by bacteria getting into your urethra, bladder or kidney. Most UTI's are easily treated with antibiotics. Complete the full course of antibiotics even if you start to feel better.

### **Symptoms of UTI include:**

- Needing to pee / pass urine more often than usual
- Pain or a burning sensation when peeing/passing urine
- Smelly or cloudy pee/urine
- Pain in your lower tummy/abdomen
- Feeling tired and unwell
- In older people, changes in behaviour such as confusion or agitation

### **Things you can do yourself:**

- Take Paracetamol for the pain (unless there is a reason not to)
- Drink plenty of water and keep yourself well hydrated
- Avoid having sex till you feel better

### **The following symptoms are possible signs of serious infection and should be assessed urgently:**

- You have shivering and chills
- You feel confused, or are very drowsy
- You have not passed urine all day
- You are vomiting
- You see blood in your urine
- Your temperature is above 38°C or below 36°C
- You feel hot and sweaty
- You have kidney pain in your back just under the ribs
- Your symptoms get worse

If you have any of the above seek medical advice either at your GP practice or Emergency Department.

If your symptoms are not starting to improve **within 48 hours** of taking antibiotics, you will need follow up at your GP practice. Your GP could check on the urine sample result to confirm that you are on the correct antibiotics. This is because at times the urine sample given might indicate you will need a different antibiotic to the one you currently are on. This could be appropriately changed at your GP practice.

**If you are at all concerned about your condition, please contact the Emergency Department at the Grange University hospital (01633 493287) and not the Minor Injury unit.**

### **References:**

Urinary tract infection resource suite: Patient facing materials ([rcgp.org.uk](http://rcgp.org.uk))

Urinary tract infections (UTIs) - NHS

NHS 111 Wales - Health A-Z : Urinary Tract Infection

**This document is available in Welsh/  
Mae'r ddogfen hon ar gael yn Gymraeg**

