



URINARY TRACT INFECTION

Your doctor has diagnosed your problem as a Urinary Tract Infection. Other names for this condition are: Cystitis, UTI, or bladder infection. A kidney infection is a similar, but more serious, infection that also involves the tissues of your kidneys. The medical term for this is pyelonephritis or pyelitis.

Your doctor has prescribed an antibiotic for you to take to treat this condition. It is especially important for you to complete the prescription as directed. Often, you will receive a second medication (which is sometimes combined with the antibiotic) to soothe the irritated and inflamed bladder. Your urine will turn orange as a result of this medication. Your urine may appear cloudy if it is filled with pus cells or red if it contains a small amount of blood.

To hasten your recovery and minimize your symptoms, you should drink plenty of liquids—at least 3 quarts a day—to dilute the bacteria and to keep the inflamed walls of the bladder from rubbing each other. Cranberry juice, which acidifies the urine, is especially helpful,

Bed rest improves the circulation to the kidneys and will help you feel more comfortable. Sometimes, a heating pad to the lower back and/or abdomen provides additional relief. If you have a fever, you can take Aspirin or acetaminophen (Tylenol® or Datril®), but ***PLEASE CALL US IF YOU ARE NOT SIGNIFICANTLY BETTER WITHIN 48 HOURS OF TREATMENT.***

You should avoid spicy foods, coffee, tea, colas, alcoholic beverages, swimming, motorcycle or horseback riding, extended automobile trips, or sexual intercourse until you are significantly improved, as these foods and activities can aggravate your symptoms or make infection flare up again,

To diminish the possibility of recurrence, we suggest that you avoid long intervals of urination. Try to empty your bladder every three hours or so while you are awake, whether or not you feel an intense urge to do so. You should also empty your bladder both *before* and *after* sexual relations. Wiping after bowel movements should be from front to back to prevent the bacteria from entering the urinary tract.

If you do suspect that you have recurrent infection, please notify us at once. It is important to examine the urine before treatment of any type started. Taking one or two antibiotic tablets before the urine is evaluated will diminish our ability to confirm the infection and delay the initiation of correct treatment.