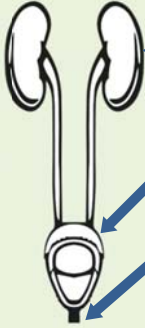


Possible urinary symptoms	The outcome	Recommended care	Types of urinary tract infection (UTI)
<p><b>Frequency:</b> Passing urine (wee) more often than usual</p> <p><b>Dysuria:</b> Burning pain when passing urine</p> <p><b>Urgency:</b> Feeling the need to pass urine immediately</p> <p><b>Haematuria:</b> Blood in your urine</p> <p><b>Nocturia:</b> Needing to pass urine in the night</p> <p><b>Suprapubic pain:</b> Pain in your lower tummy</p> <p><u>Other things to consider</u></p> <p><b>Recent sexual history</b></p> <ul style="list-style-type: none"> <li>Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI.</li> <li>Inflammation due to sexual activity can feel similar to the symptoms of a UTI.</li> </ul>	<p><input type="checkbox"/> <b>Mild, or 1 to 2, symptoms or vaginal discharge (or both)</b></p> <ul style="list-style-type: none"> <li>Antibiotics less likely to help.</li> <li>Usually lasts 5 to 7 days.</li> </ul> <p><input type="checkbox"/> <b>Severe, or 3 or more, symptoms and no vaginal discharge</b></p> <p>Antibiotics are likely to help, symptoms</p> <ul style="list-style-type: none"> <li>should start to improve within 48 hours</li> <li>usually last 3 days.</li> </ul>	<p><input type="checkbox"/> <b>Self-care and pain relief.</b> Symptoms are likely to get better on their own.</p> <p><input type="checkbox"/> <b>Delayed or backup prescription.</b> Start antibiotics if symptoms:</p> <ul style="list-style-type: none"> <li>get worse</li> <li>do not get a little better with self-care after 24 to 48 hours.</li> </ul> <p><input type="checkbox"/> <b>Antibiotic prescription</b></p> <ul style="list-style-type: none"> <li><b>Immediate</b> treatment with antibiotics, plus self-care.</li> </ul>	<p>UTIs are caused by bacteria getting into your urethra or bladder, usually from your gut. Infections may occur in different parts of the urinary tract.</p>  <p><b>Kidneys (make urine)</b></p> <ul style="list-style-type: none"> <li>Infection in the upper urinary tract</li> <li>Pyelonephritis (<i>pie-lo-nef-right-is</i>)</li> </ul> <p><b>Bladder (stores urine)</b></p> <ul style="list-style-type: none"> <li>Infection in the lower urinary tract</li> <li>Cystitis (<i>sis-tight-is</i>)</li> </ul> <p><b>Urethra (takes urine out of the body)</b></p> <ul style="list-style-type: none"> <li>Infection or inflammation in the urethra</li> <li>Urethritis (<i>your-ith-right-is</i>)</li> </ul>

Self-care to help yourself get better more quickly	When should you get help?	Options to help prevent a UTI	Antibiotic resistance
<ul style="list-style-type: none"> <li>Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses including water, decaffeinated and sugar-free drinks.</li> <li>Take paracetamol or ibuprofen at regular intervals for pain relief, if you've had no previous side effects.</li> <li>You could try taking cranberry capsules or cystitis sachets. These are effective for some women. There is currently little evidence to support their use.</li> <li>Consider the risk factors in the 'Options to help prevent UTI' column to reduce future UTIs.</li> </ul>	<p>Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS direct (Wales dial 0845 4647)</p> <p><b>The following symptoms are possible signs of serious infection and should be assessed urgently.</b></p> <p>Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> <li>You have shivering, chills and muscle pain.</li> <li>You feel confused, or are very drowsy.</li> <li>You have not passed urine all day.</li> <li>You are vomiting.</li> <li>You see blood in your urine.</li> <li>Your temperature is above 38C or less than 36C.</li> <li>You have kidney pain in your back just under the ribs.</li> <li>Your symptoms get worse.</li> <li>Your symptoms are not starting to improve a little within 48 hours of taking antibiotics.</li> </ol>	<p>It may help you to consider these risk factors.</p> <p><b>Stop the spread of bacteria from your gut into your bladder.</b> Wipe from front (vagina) to back (bottom) when you go to the toilet.</p> <p><b>Avoid waiting to pass urine.</b> Pass urine as soon as you need a wee.</p> <p>Go for a <b>wee after having sex</b> to flush out any bacteria that may be near the opening to the urethra.</p> <p><b>Wash</b> the external vagina area with water before and after sex to wash away any bacteria that may be near the opening to the urethra.</p> <p><b>Drink</b> enough fluids to make sure you wee regularly throughout the day, especially during hot weather.</p> <p><u>If you have a recurrent UTI, also consider the following.</u></p> <p><b>Cranberry products:</b> Some women find these effective, but there is currently little evidence to support this.</p> <p><b>After the menopause:</b> You could consider topical hormonal treatment, for example, vaginal creams.</p>	<p><b>Antibiotics may not always be needed,</b> only take them after advice from a health professional. This way they are more likely to work if you have a UTI in the future.</p> <p>Antibiotics taken by mouth, <b>for any reason,</b> affect our gut bacteria. These bacteria become resistant to antibiotics we take.</p> <p>Antibiotic resistance means that the antibiotics <b>cannot kill that bacteria.</b></p> <p>The gut bacteria that cause UTIs are twice as likely to be resistant to antibiotics for <b>at least 6 months</b> after you have taken any antibiotic.</p> <p>Common <b>side effects</b> to taking antibiotics include thrush, rashes, vomiting and diarrhoea.</p>