



Preventing Urinary Tract Infections (UTI) By Marcia Carr (RN,BN,MS,GNC(C),NCA,FCAN)

What is a Bladder Infection (Urinary Tract Infection)?

A bladder infection, also called as a urinary tract infection (UTI), is an infection that is caused by **bacteria** travelling up the urethra (tube that empties urine from bladder) into the bladder.

Signs and symptoms to watch for are:

- Stinging, burning, or painful feeling when you pee
- Sudden increase in urge to pee
- Feeling pressure or pain in the lower belly, sides, or back
- Chills and a fever over 38.0 C
- Sudden onset of “brain confusion”
- Feeling very weak

See your doctor or nurse practitioner to get a special urine test to get a diagnosis and appropriate treatment

Ways to prevent bladder infections

- Drink 6 to 8 glasses of water each day
- Take showers instead of baths. Avoid bubble bath or bath oils.
- Empty your bladder as soon as you feel the need to pee. Do not hold your urine for a long time period.
- For women, wipe yourself from front to back after going to the toilet. Use soap and water to clean ONLY ONCE a day.
- If you wear an incontinence pad, change as soon as it feels damp

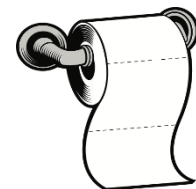
How to prevent Bladder Infections (UTI)

Always ...

✓ Wash your hands



✓ Use **clean** toilet paper



✓ Wipe **front to back**

✓ Wash the area between your legs (your privates or perineum) in the morning and at night



If you need any assistance, call a nurse on duty