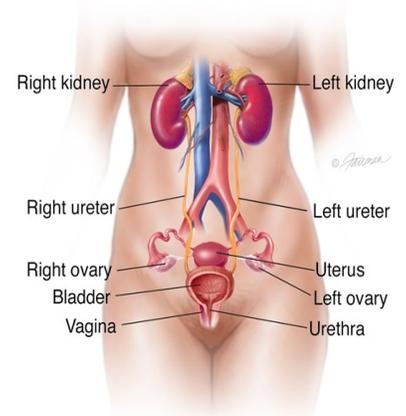


# Urinary Tract Infection

## **What is a Urinary Tract Infection?**

A urinary tract infection, (UTI), is infection in the urinary system. The urinary system consists of the kidneys, bladder, ureters, and urethra. The most common bacteria associated with UTI is E. coli. This is a bacterium from the large intestines and when it gets into the urinary tract it causes an infection.



## **What are the signs/symptoms of UTI?**

- Burning while urinating
- Frequent/intense urge to pee with very little urine output
- Cloudy, dark, bloody, or strange-smelling pee
- Tired and shaky
- Fever or chills (signs that infection has reached kidneys)
- Pain or pressure in back or lower abdomen



## **Who is at risk for UTIs?**

**Women** – if wiping from back to front, E. coli is transferred from anus to urethra and can travel up the urinary tract and cause an infection. Women anatomy also puts them at risk for UTIs.

**Use of Foley catheters** – it is a direct path to into the urinary tract, if not clean properly.

**Benign Prostatic Hyperplasia** – men who have benign prostatic hyperplasia are at risk for UTI's because the obstruction creates a stagnant of urine in urinary tract and bacteria beings to grow.

<b>Prevention</b>	<b>Diagnosis/Treatment</b>
<ul style="list-style-type: none"><li>• Empty bladder as soon as you feel the need to urinate</li><li>• Wipe from front to back</li><li>• Drink lots of water</li></ul>	Diagnosis: <ul style="list-style-type: none"><li>• Urine sample</li><li>• Urine culture</li></ul> Treatment:

<ul style="list-style-type: none"> <li>• Shower over bath</li> <li>• Cleanse genital area before sex</li> <li>• Pee after sex to flush bacteria out of urinary tract</li> <li>• Proper perineum &amp; foley catheter care</li> </ul>	<ul style="list-style-type: none"> <li>• Trimethoprim/sulfamethoxazole</li> <li>• Fosfomycin</li> <li>• Nitrofurantoin</li> <li>• Cipro</li> <li>• Pyridium (To treat UTI symptoms)</li> </ul>
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### Foley Catheter Care:

- Gather supplies: mild soap (dove), warm water, and a washcloth.
- Wash hands with soap and water for a total of 20 seconds.
- Wet the washcloth with soap and water
- Men will pull foreskin back, if needed, and clean around the urethra opening in a circular motion.
- Clean the catheter starting at the urethral opening away from the body.
- Rinse and dry in the same steps
- Replace foreskin, if needed.

### Reference:

Caring for Your Urinary (Foley) Catheter. (n.d.).

<https://www.mskcc.org/cancer-care/patient-education/caring-your-urinary-foley-catheter>

Urinary Tract Infection (UTI): Symptoms, Causes, Treatment.

(2019, October 31). <https://www.webmd.com/women/guide/your-guide-urinary-tract-infections#1>