The urine (wee) system

- **Kidney (make urine)**
- **Bladder (stores urine)**
- **Urethra (takes urine out of body)**

Up to half of older adults will have bacteria in their urine. If a test detects bacteria and you have no symptoms, do not worry.

### What can I do to prevent a urine infection?

- **Drink** enough fluids (6-8 glasses) so that you pass urine regularly during the day, especially during hot weather. Avoid too much caffeine, fizzy drinks and alcohol.
- **Eat healthily** with regular meals to avoid constipation.
- **Stop bacteria spreading** from your gut into your bladder. Wipe from front to back after using the toilet.
- **Change** pads if soiled with faeces.
- **Keep** the genital area clean.
- **Sex:** Wash with water before and after sex. Passing urine after sex also helps to flush bacteria out of your urine.

### If you have more than 3 urine infections in a year:

- Discuss D-Mannose products with your pharmacist
- Discuss topical hormonal treatments with your nurse/doctor

### Consider the colour of your urine

<table>
<thead>
<tr>
<th>Typical urine colour</th>
<th>Try and drink more</th>
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What signs might indicate I have a UTI?

- New pain or burning when passing urine
- New urgency (feeling the need to urinate immediately)
- New confusion, but this can have other causes (see below)
- Pain above your pubic area or in your lower tummy
- Starting to wet yourself more often
- Passing urine more often than usual
- New cloudy or smelly urine
- Visible blood in your urine
- High or low temperature
- Shivering or shaking

If you have a urine catheter:

- Shivering/shaking
- High temperature
- Kidney pain in your sides

If you have any of these symptoms seek advice from your nurse or doctor.

What other things besides a UTI may cause increased new/sudden onset confusion?

- Pain
- Constipation
- Poor sleep
- Poor diet
- Low mood
- Not drinking enough
- Side effects of medicine
- Change in your routine or home
What can I do to get better more quickly?

Drink enough fluids (6-8 glasses) so that you pass urine regularly during the day, especially during hot weather. Cranberry juice is no better than water.

Take paracetamol at regular intervals for pain relief.

Antibiotics are not always needed

1. Antibiotics can be life saving for serious urine infections.
2. Common side effects of taking antibiotics include thrush, rashes, vomiting and diarrhoea.
3. All oral antibiotics you take affect your gut bacteria.
4. Your gut bacteria can change to become resistant to antibiotics so they do not work.
5. These resistant bacteria in your gut can remain resistant to antibiotics for up to a year.

What might your doctor/nurse do?

1. If your symptoms are likely to resolve on their own you may receive self-care advice and pain relief.
2. Ask you to drink more fluids.
3. Ask you for a urine sample.
4. You may be given an antibiotic with self-care advice.

Always trust your doctors advice
<table>
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<tr>
<th>When should I get help?</th>
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<tr>
<td>The following symptoms are possible signs of serious infection and should be assessed urgently.</td>
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<tr>
<td>Shivering, chills and muscle pain</td>
<td>Feeling very confused, drowsy or slurred speech</td>
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<tr>
<td>Not passing urine all day</td>
<td>Temperature is above 38°C or less than 36°C</td>
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<td>Trouble breathing</td>
<td>Kidney pain in your back just under the ribs</td>
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<tr>
<td>Visible blood in your urine</td>
<td>Very cold skin</td>
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<tr>
<td>Symptoms are getting a lot worse or not starting to improve within 2 days of starting antibiotics</td>
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Trust your instincts, ask for advice if you are not sure how urgent the symptoms are.

Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS direct (Wales dial 0845 4647)