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>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5 6 7 8</td>
<td></td>
</tr>
</tbody>
</table>
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.⁴
- **Cranberry juice** is no better than water.²⁶

- Take **paracetamol** at regular intervals for pain relief.²⁷,²⁸

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**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.²⁹
3. All oral antibiotics you take affect your gut bacteria.³⁰
4. Your gut bacteria can change to become resistant to antibiotics so they do not work.³⁰,³¹
5. These resistant bacteria in your gut can remain resistant to antibiotics for up to a year.³⁰

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**What might your doctor/nurse do?**

- If your symptoms are likely to resolve on their own you may receive self-care advice and pain relief.³²
- Ask you to drink more fluids.⁴
- Ask you for a urine sample.³³
- You may be given an antibiotic with self-care advice.³²,³³

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**Always trust your doctors advice**
## When should I get help?

The following symptoms are possible signs of serious infection and should be assessed urgently.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shivering, chills and muscle pain</td>
<td>Feeling very confused, drowsy or slurred speech</td>
</tr>
<tr>
<td>Not passing urine all day</td>
<td>Temperature is above 38°C or less than 36°C</td>
</tr>
<tr>
<td>Trouble breathing</td>
<td>Kidney pain in your back just under the ribs</td>
</tr>
<tr>
<td>Visible blood in your urine</td>
<td>Very cold skin</td>
</tr>
<tr>
<td>Symptoms are getting a lot worse or not starting to improve within 2</td>
<td>Trust your instincts, ask for advice if you are not sure how urgent the</td>
</tr>
<tr>
<td>days of starting antibiotics</td>
<td>symptoms are.</td>
</tr>
</tbody>
</table>

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