



# Urinary tract infection

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

## What is a urinary tract infection (UTI) ?

- An infection in part of the urinary system, typically most infections involve the lower urinary tract - the urethra or bladder.

## How do I know if I have a UTI ?

- The most common symptom you will feel is the need to pass urine urgently and frequently.
- Burning or stinging can be felt when passing urine.
- You may notice blood in the urine or discomfort in the lower abdomen.

## What causes a UTI ?

- being sexually active or pregnant.
- Hormonal changes such as menopause
- Diabetes mellitus

## Treatment

- Simple analgesia can help ease pain or discomfort.
- A short course of antibiotics is a common treatment for most women.
- Some UTIs may self-resolve after a few days without treatment.
- Continue to drink plenty of water.
- Please seek urgent medical advice to assess your condition if you feel more unwell, or develop back pain, fevers or vomiting to assess your condition.

If you have any questions, please ask the doctors or nurses before you leave.

Seeking Help: In a medical emergency go to your nearest emergency department or call 000

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.