Care After Treatment: Urinary Tract Infection (UTI)

You have been treated for a urinary tract infection (UTI). This infection can affect the bladder, kidneys, and ureters. UTI is caused by bacteria that grow in the urinary tract. This could be a result of:

- Injury to the urethra, the tube that comes from the bladder to the urinary opening
- Poor personal hygiene
- Irritation caused by sexual intercourse
- Not being able to pass your urine caused by drugs, illness, or injury
- Irritation caused by such things as tight slacks, nylon underwear
- Having a weakened immune system that increases a chance for infections
- Kidney stones

Instructions for care

- Drink at least 8 glasses of fluid every day. Extra fluid helps to rinse the bacteria out of the urinary tract. Water and fruit juices, especially cranberry juice, are helpful.
- Avoid coffee, tea and coke. Food and fluids that have caffeine can make your symptoms worse.
• Take your antibiotics as prescribed until the bottle is empty. If you do not take all the medicine, your infection will not be cured. If you have any problem with your medicine, please call the office or clinic where you have been treated and ask to speak with the Charge Nurse:
  ▶ OSUMC OB/Gyn Clinic at (614) 293-8045
  ▶ OSU Emergency Department at (614) 293-8333
  ▶ OSU East Emergency Department at (614) 257-3414

Prevention
• Keep your genital area clean, but do not scrub too hard with harsh soaps. Showers are better than tub baths.
• Avoid tight pants or underwear. Wear cotton underwear.
• Use the bathroom to empty your bladder before and after intercourse. Women should rinse the genital area with water from front to back after intercourse.
• Women should always wipe from front to back after a bowel movement or urinating.
• Drink 8-10 glasses of fluids a day. Always include some fluids that are high in Vitamin C, like orange or cranberry juice.

Follow-up care
Call your doctor right away if you have any of these signs, or if the signs get worse.
• Fever greater than 101 degrees
• Nausea, vomiting, chills
• Back pain
• Problems with your medicines

Call Dr. ___________________________ at __________________
for an appointment on _________________________________.