

Ivy Grove Surgery

Minor Illness Leaflet #3 – Urinary Tract Infection (UTI)

Dear

We have provided this leaflet following your recent consultation on . The NHS aims to empower all patients to self-care and we hope that this leaflet will help you to manage your condition in the future.

Name of condition

Urinary Tract Infection (UTI), also known as water infection, bladder infection or cystitis.

What it is

A UTI is a common medical complaint which occurs when germs (bacteria) enters the bladder, usually through the urethra (water tube) and begins to multiply. Most UTI resolve quickly without complications

Symptoms to expect

- Pain or burning when passing urine, discomfort in the lower part of the tummy
- The need to pass urine more often and sometimes cloudy or smelly urine
- In the elderly more vague symptoms can occur such as confusion, incontinence (leaking of urine) or worsening mobility
- Symptoms that may indicate more significant infection (see 'When to seek further help' below)

Self-care

- If your symptoms are mild and you are otherwise fit and well, 'cystitis relief' sachets which can be tried
- Drinking plenty of fluids especially water and cranberry juice
- Avoid caffeine as this can irritate the bladder further

Treatment

- If your symptoms are more troublesome, or haven't settled with the above measures, we recommend dropping a urine sample in at the surgery for testing. This gives us a good idea if antibiotics will be needed
- Often as long as you are otherwise well you do not need an appointment to be seen and we can issue antibiotics based on your urine results
- Often we send the urine sample away for testing to determine exactly which antibiotics will be the best ones for you – we advise samples should be brought in to surgery before 1pm in case they need to be sent off to the lab

When to seek further help

- If you are in an at-risk group (see 'At-risk groups' below)
- Blood in the urine
- Fever
- Vomiting
- Uncontrollable shivering
- One-sided lower back pain

At-risk groups

- Pregnant women
- Existing kidney disease
- Those with a compromised immune system (e.g., cancer, chemotherapy, drugs)

Get the right help for your condition, visit our online help page at <http://ivy.gs/help>

Written by Dr R Greer, ©2016 Ivy Grove Surgery