



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

Phone: 563-359-1641

Urinary Tract Infection

Urinary Tract Infection (UTI) or a Bladder Infection occurs when bacteria in your bladder overwhelms your body's natural defenses and causes symptoms. Because of increase antibiotic resistant organisms and side effects associated with antibiotics, we treat *symptomatic* UTIs.

If you have an indwelling catheter, please inform the staff so we can properly direct your care.

Signs and Symptoms:

- Burning with urination – during and/or after your stream.
- Increased frequency of urination – change from your baseline.
- Increased urgency – change from your baseline.
- Nocturia or waking up because you have to urinate.
 - Sometimes we wake up for other reasons and then feel the urge to void.
- Blood in your urine.
- Discomfort/pressure in lower abdomen/bladder area.
- Late signs: Fever (above 101°F), chills, nausea, vomiting.

NOT signs of a UTI: the following are not true indicators of a UTI, although they can accompany a UTI.

- Dark colored urine (amber). This is a sign of dehydration. Drink hydrating fluids.
- Foul smelling urine. Can be from foods and/or concentrated urine. Drink hydrating fluids.

Ways to prevent:

Hydration!!!

- Drinking a lot of water and other hydrating fluids. Flushing out your bladder will prevent bacteria from having the chance to grow.
- Adding lemon to your water can help with taste and increase the acidity of your urine, which prevents bacteria growth.
 - Add 4oz of lemon juice or lemon juice concentrate daily to your fluids.

Test urine prior to treating.

- We need to know if your urine looks suspicious for an infection.
- This does NOT mean you won't get antibiotics before the culture results. We need to make sure you are on the correct antibiotic.
 - Bacteria can easily become resistance to antibiotics.
 - Indwelling urinary catheters, for any length of time, can cause urine to look suspicious.

If your antibiotic needs to be changed, please discard the original antibiotic.

- Taking a left-over antibiotic can lead to more serious infections and infections requiring stronger antibiotics.

We do not routinely re-test urine to ensure the infection is gone.

- Recommendations are based on your symptoms.
- Many people have suspicious looking urine and do not require intervention or have any signs/symptoms. It does not mean your urine is bad or you have something wrong with you.

We do not routinely allow for drop-off urine testing.

- While a provider visit isn't always necessary, a nurse visit is important. We want to make sure we have all the information which ensures a proper diagnosis.

Cranberry:

- Research does support the regular use of cranberries to prevent UTIs.
- Not all supplements are created equal though.
- Supplements need at least 36mg PAC which is the active ingredient that prevents bacteria from sticking to your bladder.
- Our dispensary sells appropriate cranberry supplements without a prescription and can be purchased anytime the dispensary is open.

Post-Menopausal Women:

- Due to hormone changes, the vaginal opening can become dry, which can cause burning when urine hits it. Estrogen cream can help restore the normal bacteria of the vaginal opening, which can help prevent UTIs. In addition, it bulks up the tissue which decreases the burning sensation. Estrogen cream can be safe even with a history of breast or endometrial cancer. Ask your provider.

Sexually Active:

- Urinate before and after sexual intercourse – both women and men.
- The use of spermicide, douche wash, and/or diaphragm birth control are strongly discouraged.

After a bowel movement – wipe FRONT to BACK.

- Use of a wet wipe can be helpful especially when having diarrhea.

Other Recommendations:

- During times of signs/symptoms, taking D-Mannose supplement, which is over-the-counter, can be helpful. If you do take, please take daily until symptoms resolve.
- If you have regular UTIs, we may recommend Methanamine Hippurate twice daily. This medication helps prevent bacteria growth. However, it works only in ACIDIC urine.
- Avoiding diarrhea and constipation. Both of these conditions increase your risk for a UTI. If you struggle with either, please talk to your provider/nurse. We have recommendations.
 - A daily probiotic (lactobacillus or acidophilus) can be helpful for gut health.

Urine is our specialty!

Please call us with signs/symptoms, questions, and any concerns.