



## Symptoms:

- High Temperature
- Increased frequency
- Smell
- Change in colour
- Pain
- Off foods/fluids
- Confusion
- Decreased mobility

**U**nwell?  
**T**ake in fluid  
**I**nform someone

**NHS**

## What is a UTI?

A Urinary Tract Infection (UTI) is a name given to a group of infections that occur anywhere in the urinary tract: the kidneys, ureters (which connect the bladder to the kidneys), the bladder and the urethra (which transports urine from the bladder to outside the body.) UTIs are the second most common type of infection that can occur in the body and are usually caused by bacteria that enters the body via the urethra.

## Symptoms of a UTI:

- Increased frequency in urination with little amounts being passed
- Burning when passing urine
- Blood in urine
- Cloudy urine
- Pain and tenderness in the upper back and sides
- Feeling generally unwell
- New onset or worsening of pre-existing confusion / agitation

**If you're worried about your symptoms speak to a health professional or call 111.**

## How to help prevent getting a UTI:

- Drink 6-8 glasses of water daily
- Try to empty your bladder fully every time
- Do not try to hold it, or resist the urge to urinate
- Wear loose fitting cotton underwear. Avoid Nylon
- Change pads frequently
- Avoid coffee, tea or alcohol
- If possible shower rather than bathe
- Use a separate flannel to wash your genitals morning and night
- Women wipe from front to back after going to the toilet
- Try to avoid lots of sugary foods, eat lots of fruit, vegetables and high fibre foods such as whole grain bread and pasta
- Drink at least one glass of cranberry, orange, or grapefruit juice daily to acidify your urine and kill existing harmful bacteria

## You are at higher risk if you have:

- Diabetes
- Constipation
- Dementia
- Kidney stones or any other condition that obstructs or blocks your urinary tract
- A weakened immune system eg. from chemotherapy or HIV
- A urinary catheter which is a tube inserted into your bladder to drain away the urine

### If the symptoms of your UTI worsen or you have the following:

- Chills
- Confusion
- Nausea
- Sleepiness
- Vomiting

**You MUST see your GP or Call 111**

## Are you drinking enough?

1

2

3

4

5

6

7

8

Healthy Urine is 1-3  
4-8 you must hydrate!  
(try to drink more)