

When should you see your GP

If you have symptoms of a UTI for 2-3 days you should see your GP.

You should urgently see your GP or get urgent medical attention* if you have more serious symptoms such as:

- Pain in your back or sides
- A high temperature
- Shivering and shaking (rigors)
- Vomiting
- Diarrhoea

Other useful information sources

- NHS Choices: <https://www.nhs.uk/conditions/urinary-tract-infections-utis/>
- NHS 111 (for urgent medical help that is not a 999 emergency)*
- Local Pharmacy

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Contact us

Community Infection Prevention and Control Team

Chapeltown Health Centre
Spencer Place
Leeds LS7 4BB

Monday to Friday, 8am to 4pm
Tel: 0113 843 4511

Hospital Infection Prevention and Control Team

E Floor, Brotherton Wing
Leeds General Infirmary
Great George Street
Leeds LS1 3EX

Monday to Friday, 8am to 4pm
Tel: 0113 392 2691

www.nhs.uk

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Author: Louise Popple, Infection Prevention and Control Nurse.

Urinary Tract Infections



Information for patients

What is a Urinary Tract Infection?

Urinary Tract Infections (UTIs) are infections which occur in the bladder, urethra (the tube which drains urine from your bladder), or kidneys. Most UTIs are treated with antibiotics but ignoring symptoms may lead to serious complications.



Who is most at risk?

UTIs are more common in females than in males. This is because the female urethra is shorter and germs can travel up to the bladder more easily. People with catheters, pregnant women and people who have gallbladder or kidney stones are also more at risk of getting a UTI.

What bladder or bowel problems might increase my risk of UTIs?

Problems include difficulty emptying your bladder, constipation, leaking or poor control of your urine or faeces.

Speak to your GP if you have a problem with your bladder or bowels. Your GP may provide help or may refer you to a specialist for help.

Who is most at risk?

Symptoms of a UTI include:

- Passing urine more often than usual
- Pain, burning or difficulty when passing urine
- Painful or tender area over the bladder
- Blood in the urine
- Smelly or cloudy urine
- Feeling tired or unwell



In older people symptoms can also include:

- Confusion or restlessness
- Incontinence
- passing more urine than usual at night

In children, symptoms may include:

- Wetting themselves or bed wetting
- Not wanting to urinate because it hurts
- Babies may be more upset than usual, not feed properly and may have a high temperature

What can I do to reduce my risk of getting a UTI?

- Have good personal hygiene
- Take showers instead of baths
- Avoid using perfumed bubble bath, soap or talcum powder

- If you are female wipe front to back after using the toilet
- Try to fully empty your bladder when going to the toilet
- Use the toilet as soon as possible after sex
- Drink plenty of fluids (around 6-8 cups per day or around 2 litres)
- Wear loose cotton underwear
- Avoid tight fitting underwear, tight trousers and tights
- For babies / toddlers: change their nappies regularly

How are UTIs treated?

Most UTIs require treatment with antibiotics. Your GP may take a urine sample to help ensure you are on the correct antibiotics.



Remember: It is important you complete the full course of antibiotics prescribed, (even if you feel better before they are completed).

UTIs can sometimes be painful. To help ease the pain you may:

- Take paracetamol
- Avoid sex until you feel better
- Keep rested and drink plenty of fluids

