

Fact Sheet



Division of Developmental Disabilities Health Care Services

Urinary Tract Infection (UTI) Health Information Fact Sheet #2

The urinary tract includes the kidneys, the ureters (*tubes going from each kidney to the bladder*), the urinary bladder, and the urethra (*tube that drains urine from the bladder to outside the body*). This system, or tract, clears waste from the body.

Fact Sheet guidelines have been provided as general information, not as a substitution for medical treatment from a physician.

Some Facts about UTIs:

- UTIs are caused by bacteria.
- E. coli bacteria in the human intestines cause many UTIs.
- Women get more UTIs than men.
- Antibiotics are used to treat UTIs.
- UTIs can cause confusion and disorientation.

Risk Factors (Causes):

The following increases the chances of getting a UTI:

- Catheter (*tube into the bladder*)
- Problems with the pelvic muscles and nerves as in Cerebral Palsy, Spinal cord injury, or other Neuro-muscular conditions, Diabetes, HIV/AIDS, and Cancer
- Obesity
- Menopause
- Poor hygiene, such as inability to clean/wipe properly after bathroom use

What to Watch For:

- Urine is dark, cloudy, or smells
- Dull pain in the back or sides (*above the hip*)
- Burning & pain with urination (*expelling the urine*)
- Feeling the urge to urinate often
- Bloody or pink-tinged urine
- Pain in the lower area of the belly
- Bathroom accidents (*incontinence*)
- Nausea/Vomiting
- Confusion & Disorientation
- Fatigue & Drowsiness

What to Do/ Prevention:

- Good Personal Hygiene:
 - Hand-washing before and after bathroom use.
 - Cleansing genital/private area front to back during baths/showers.
 - Wiping from front to back (*especially in females*) after bathroom use.
- Catheter Care:
 - Proper sanitary care for those using a catheter tube into the bladder.
- Proper Hydration:
 - Keep well hydrated to prevent concentrated urine in the bladder which grows bacteria.
 - Consult a doctor for the right amount and type of liquids for the member.



What to Do/Treatment:

- Make a doctor's appointment or go to urgent care if UTI is suspected.
- Immediately begin taking antibiotics that are prescribed and finish all doses even when feeling better.
- Follow and complete all instructions from the medical provider.
- When treatment is received in the emergency room or urgent care, make sure to set a follow-up appointment with the primary care provider (PCP), if directed to do so.

Emergency

Contact A Doctor or Seek Urgent Care Immediately when you observe any of the following signs:

- Fever
- Pain
- Chills
- Blood in Urine
- Unable to eat or drink.

Call 9-1-1 for

- Difficulty Breathing
- Severe Pain
- Loss of Consciousness
- Changes in Level of Consciousness (*new confusion*).

Start CPR immediately after calling 9-1-1 when

- Member is not breathing and/or a heartbeat (pulse) cannot be found.

