**WHAT to WATCH FOR**

Signs and symptoms of UTI may include:

- 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

**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

**SOME FACTS about UTI’s**

- UTI’s are caused by bacteria.
- *E. coli* bacteria in human intestines causes many UTI’s.
- Women get more UTI’s than men.
- Antibiotics are used to treat UTI’s.
- UTI’s can cause confusion and disorientation.

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**UTI (Urinary Tract Infection)**

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.
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 doctor for the right amount and type of liquids for the individual.

WHAT TO DO • TREATMENT

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