



Urinary Tract Infection

What is it?

A urinary tract infection (UTI) occurs when bacteria grows in the bladder. It is more common during pregnancy due to hormonal and physical changes in the body. The symptoms of a UTI can include burning or pain during urination, only being able to urinate very small amounts, feeling the urge to go often, a dull pain the lower abdomen, fever or painful backache. Sometimes there are no symptoms at all. The infection is diagnosed by examining a sample of urine for bacteria. During pregnancy, a UTI can cause premature labor or serious kidney problems for the woman if left untreated.

The Treatment

The treatment for a UTI is antibiotic pills/capsules, which kill the bacteria. It is VERY important to finish all the medicine prescribed by the midwife/physican. You may feel better after the first day of treatment, but do not stop taking the medicine or the infection may return. Another urine sample will be taken soon after you finish the medication to make sure the infection is gone.

Additional ideas to prevent urinary tract infections.

- Drink 8-10 large glasses of fluid daily (water and cranberry juice are great)
- Wear cotton underwear
- Wipe front to back after using the toilet
- Make sure to urinate every 2 hours and before and after sex
- Avoid color/scented toilet paper, bubble baths and bath salts
- Vitamin C 1000 mg every 4 hours for 3 days

Your medication is called _____

Take it _____ times a day for _____ days.

Call your clinic or OB Testing and Triage 272-2460 to speak with a midwife if you have a fever more than 101°F or if you do not feel better after taking the medication for 24 hours.