

# DO I HAVE A URINARY TRACT INFECTION?

Having a Urinary Tract Infection (UTI) can be a frustrating experience. UTIs are one of the main reasons why people have to go to the emergency room. If UTIs aren't treated fast, they can turn into even worse infections. The tricky thing about UTIs is that they're only possible to diagnose with proper testing. That's why we should learn about the signs that might mean you have a UTI. Read below to see common symptoms and how to prevent a UTI.



## Common Symptoms of a UTI:

- Pain or discomfort when peeing
- Kidney pain/tenderness in the back under the ribs
- Pain low down in your tummy
- Feeling generally unwell, achy & tired
- Confusion or agitation
- Running a fever
- Shaking & chills
- Sudden urges to pee
- Leaking of bladder
- Urine that's cloudy, foul smelling
- Blood in urine

## UTI Prevention:

- Empty your bladder completely
- Don't hold your urine for long periods
- Take showers not baths
- Try to drink 8 glasses of water per day
- Wipe from front to back or pat dry
- Wear cotton, and avoid nylon underwear
- Wear loose-fitting underwear
- Manage blood sugar levels

If you or a loved one are having any of these symptoms, call our provider so that you can avoid the emergency room. A **House Calls** provider will get you the help you need to find out if you might have a UTI and how to treat it.