

Skeltons Chemists

2 Congreve Walk, Bedworth, Warwickshire, CV12 8LY

Tel & Fax: 0247 631 3259

Email: skeltonchemists@btconnect.com

Opening Times

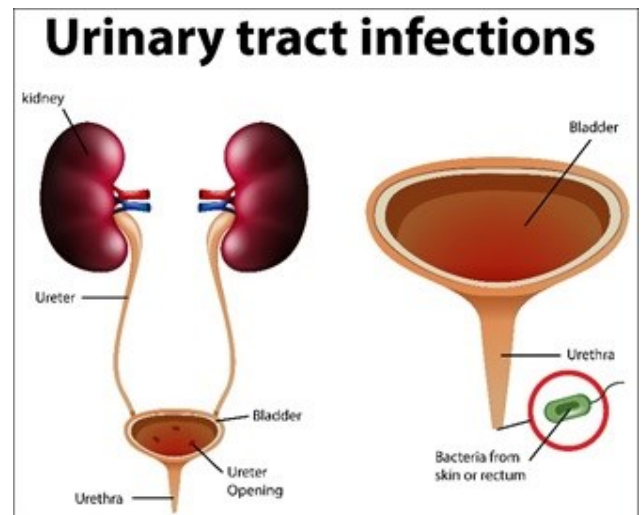
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for October 2023

1. What is a urinary tract infection?
2. What is cystitis?
3. Why is cystitis more common in women than men?
4. Name three symptoms of a UTI?
5. Can children and old people have UTIs?
6. What increases the risk of getting a UTI?
7. How can I prevent a UTI?
8. What causes UTIs?
9. What can I do to ease the symptoms of a UTI?
10. What if my UTI keeps coming back?



Answers on the bottom of P2

Urinary Tract Infections (UTIs)

UTIs affect your urinary tract, including your bladder (cystitis), urethra (urethritis) or kidneys (kidney infection). You may have a UTI if you have the following symptoms:

- Pain or a burning sensation when peeing – called dysuria
- Needing to pee more often than usual during the night (nocturia)
- Pee that looks cloudy, dark or has a strong smell
- Needing to pee suddenly or more urgently than usual
- Blood in your pee
- Lower tummy pain or pain in your back, just under the ribs
- A high temperature or feeling hot and



shivery.

- A very low temperature below 36°C

When should I see a GP?

You should see your GP if:

- ♦ You have symptoms of a UTI for the first time
 - ♦ Your child has symptoms.
 - ♦ You are a man with symptoms
 - ♦ You are pregnant with symptoms
 - ♦ You are caring for an older, frail person with symptoms
 - ♦ You have symptoms after surgery
 - ♦ Your symptoms get worse or do not improve within 2 days
 - ♦ Your symptoms come back after treatment.
- You should ask for an urgent appointment or get

help from NHS 111 if:

- ◇ You have a very high temperature or feel hot and shivery
- ◇ You have a very low temperature below 36°C
- ◇ You are confused or drowsy
- ◇ You have pain in your lower tummy or in the back, just under the ribs.
- ◇ You see blood in your pee

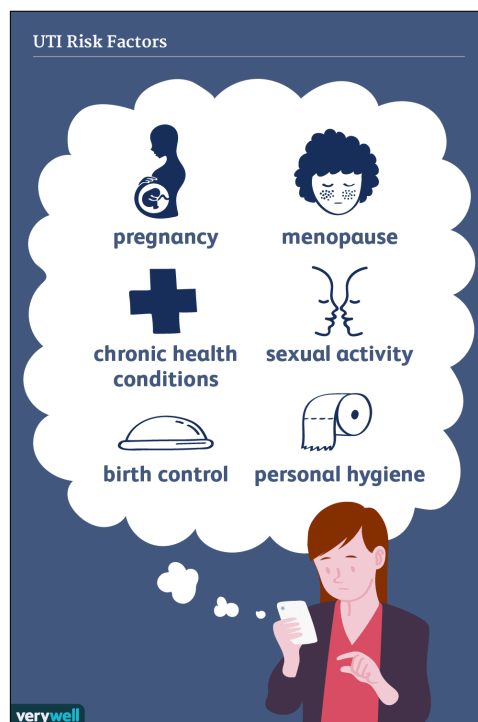
These symptoms could mean you have a kidney infection which can be serious as if it's not treated as it could cause sepsis. Your GP may do a urine test and offer selfcare advice, recommend taking a painkiller and/or give you a prescription for a short course of antibiotics. They may suggest you wait 48 hours before taking the antibiotics in case your symptoms go away on their own.

You can ease the symptoms of a UTI by taking paracetamol, resting, drinking enough fluids so you pass pale urine regularly during the day and avoiding sex. If you get a second UTI within 6 months go back to your GP.

What causes UTIs?

UTIs are usually caused by bacteria from poo getting into the urinary tract through the tube that carries pee out of the body (urethra). Women have a shorter urethra than men which means bacteria are more likely to reach the bladder or kidneys and cause an infection. Things that increase the risk of bacteria getting into the bladder include:

- * Having sex
- * Pregnancy
- * Conditions that block the urinary tract - such as kidney stones
- * Conditions that make it difficult to empty the bladder such as enlarged



prostate in men and constipation in children.

- * Urinary catheters
- * Having a weakened immune system
- * Not drinking enough fluids
- * Not keeping the genital area clean and dry.

How to prevent UTIs

There are some things you can try to prevent a UTI happening or prevent it returning.

Do:

- ✓ Wipe from front to back when you go to the toilet
- ✓ Keep your genital area clean and dry
- ✓ Drink plenty of fluids, particularly water - so that you regularly pee during the day and do not feel thirsty
- ✓ Wash the skin around your vagina with water before and after sex
- ✓ Promptly change nappies or incontinence pads if they are soiled

Don't:

- * Use scented soap
- * Hold your pee if you feel the urge to go
 - * Rush when going for a pee - try to fully empty your bladder
 - * Wear tight synthetic underwear such as nylon
 - * Drink alcoholic drinks, as they may irritate your bladder
 - * Have lots of sugary foods or drinks, as they may encourage bacteria to grow
 - * Use condoms with spermicidal lube on them – try the ones without spermicidal lube or try a different type of contraception

For more information on this or any other health related problem you may have speak to one of our trained staff.

Answers: Q1, It is an infection that affects your bladder, urethra and kidneys. Q2, It is an infection that affects your bladder. Q3, Because women have shorter urethra (the tube that carries pee out of your body) than men, so bacteria are more likely to reach the bladder or kidneys and cause infections. Q4, Pain when peeing, lower back or tummy pain, high temperature, a very low temperature. Q5, Yes. Q6, Having sex, being pregnant, conditions that block the urinary tract or make it difficult to empty the bladder, having a urinary catheter or weakened immune system, not drinking enough fluids, not keeping the genital area clean. Q7, Wipe from front to back when you go to the toilet, keep your genital area clean, drink plenty of fluids, wash yourself before and after sex, change nappies or incontinence pads if they are soiled. Q8, By bacteria from your poo getting into your urinary tract through the tube that carries your pee out of your body. Q9, Take paracetamol, rest and drink plenty of fluids, avoid having sex. Q10, If you have 2 UTIs in 6 months, go back to your GP.