

Urinary Tract Infection (UTI) in Women

What is it?

Pain, burning, or the sense of needing to urinate often or in a hurry caused by bacteria getting into urine and traveling up to organs like the bladder and kidneys. In some cases, you may see blood in your urine.

How is it treated?

Most urinary tract infections are treated with antibiotic pills. You should begin to feel better within a day of starting antibiotics. Be sure to take **ALL** the antibiotic pills that you are given to kill the bacteria and keep the infection from coming back or getting worse.

If needed, there are also other medicines to “numb” your bladder. These can make you feel better, but they do not actually treat the infection or kill the bacteria.

Warning Signs:

Be sure to call your doctor if your symptoms are getting worse on treatment or you develop a fever, back pain, nausea, vomiting, or start to see blood in your urine.

How to reduce your risk for future Urinary Tract Infections:

- Change wet clothes (after gym, swimming, incontinence) as soon as you can
- Treat diarrhea/ loose BMs
- Avoid thong underwear
- Avoid baths & hot tubs
- Urinate/empty your bladder right after sex
- Only use clean toilet paper and wipe from the front to the back
- Urinate/empty your bladder every 2 - 3 hours

Over the counter supplements that “may” be helpful (studies are not very good):

- High potency “Pharmaceutical grade” Cranberry extract
- Probiotics

If you get three or more infections a year, talk to your doctor about other ways to reduce/prevent future Urinary Tract Infections.