



THE ADAM PRACTICE

Patient Information Leaflet – Suspected Urine Infection

Advice for patients with a suspected urine infection who do not have blood in their urine, **are not pregnant and **do not suffer from recurrent urine infections****

Self-care to help yourself get better more quickly:

- Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses including water, decaffeinated and sugar-free drinks
- Take paracetamol or ibuprofen at regular intervals for pain relief, if you have had no previous side effects
- There is currently no evidence to support taking cranberry products or cystitis sachets to improve your symptoms
- Consider the risk factors in the 'Options to help prevent UTI' column to reduce future UTIs.

When should you get help? Contact your GP practice or contact NHS 111 out of hours;

The following symptoms are possible signs of serious infection and should be assessed urgently. Phone for advice if you are not sure how urgent the symptoms are:

1. You have shivering, chills and muscle pain
2. You feel confused, or are very drowsy
3. You have not passed urine all day
4. You are vomiting
5. You see blood in your urine
6. Your temperature is above 38 degrees C or less than 36 degrees C
7. You have kidney pain in your back just under the ribs
8. Your symptoms get worse
9. Your symptoms are not starting to improve within 48 hours of taking antibiotics

Options to help prevent a UTI;

It may help you to consider these risk factors;

Stop bacteria spreading from your bowel into your bladder. Wipe from front (vagina) to back (bottom) after using the toilet.

Avoid waiting to pass urine. Pass urine as soon as you need a wee.

Go for a wee after having sex to flush out any bacteria that may be near the opening to the urethra. Wash the external vagina area with water before and after sex to wash away any bacteria that may be near the opening to the urethra.

Drink enough fluids to make sure you wee regularly throughout the day, especially during hot weather.