



Identifying and Preventing Urinary Tract Infections (UTI)

Urinary tract infections (UTI) can make you very sick and feel uncomfortable. It is important to see a doctor when you think you might have a UTI. If a UTI is not treated, it can make you sicker and cause other serious health problems.

What is a UTI?

A UTI is an infection in any part of your body's system that helps you urinate.

It's important to understand and recognize the common symptoms.

If you think you have a UTI, you should call a doctor right away.

What are UTI Symptoms?

- A strong and frequent urge to urinate;
- A burning feeling when urinating;
- Having frequent, small amounts of urine;
- Urine that looks cloudy;
- Urine with a different color or odor;
- Different-smelling urine;
- Feeling tired, shaky, and weak;
- Tummy or belly pain;
- Getting confused or disorientated; and
- Fever or nausea.

Both men and women can get UTIs.

Preventing and Treating a UTI

Urinate as soon as possible when you feel the urge.

Keeping Clean

- Practice good hand washing.
- For women always wipe front to back after urinating.
- Wear cotton underwear and loose-fitting clothes.
- Urinate after sex.

Healthy Eating and Drinking Plenty of Water

- Drink six to eight 8oz glasses of water each day.
- Eat balanced meals with plenty of fiber.
- Stay active by walking or other physical exercise.
- Limit caffeine, coffee, soda drinks, and alcohol.

Managing Chronic Conditions

- Manage your health conditions, like diabetes or kidney disease.
- Pay attention to how often you urinate and watch for symptoms of a UTI.

If You Get a UTI, Treat Until Complete

- Get medical care immediately either in-person or through telehealth services.
- Your doctor may prescribe an antibiotic. Follow doctor directions about how to take the medication.
- Cranberry supplements may help prevent UTIs but talk with your doctor before adding anything to your diet.

