Urinary Tract Infections

What is it? What causes it?

Urinary tract infections are commonly bacterial infections of the urinary system structures, including the urethra, ureters, bladder, and the kidneys. Often bacteria from the digestive system are the culprit in these infections.

Signs and symptoms

- Burning, itching, painful and/or frequent urination
- Cloudy, reddish or unusual or foul smelling urine
- Abdominal or flank pain
- Chills or fever

Prevention

- Drink plenty of fluids (1-2 quarts of water daily)
- Frequent urination
- Avoid bubble baths, douches, and vaginal deodorants
- Urinate promptly after sexual intercourse
- Avoid caffeine and carbonated soda if the bladder is already irritated
- Cranberry and blueberry juices have been shown to have benefits in protecting the mucous membranes of the urinary tract in both women and men

Call Health Professionals if:

- A fever greater than 100.4 accompanied by painful urination, burning or itching
- Flank pain
- Blood or pus in the urine
- Signs and symptoms are not improved by two days of home treatment

'Side note: Highly colored foods and medications such as beets, blackberries can tinge urine. Asparagus creates odorous urine, as does some medications, such as antibiotics