WHAT IS A URINARY TRACT INFECTION?
A urinary tract infection (UTI) is a bacterial or fungal infection in any part of the urinary system, but most often in the bladder.

HOW COMMON ARE UTIs?
People of any age or gender can get UTIs, but bladder infections are more common in women. Studies show that 60% of all women will get a UTI in their lifetime. And, between 20% and 40% of women will have a repeat infection.

Common reasons for UTIs are having sex, high blood sugar, menopause, pregnancy, kidney stones, an enlarged prostate or having problems with your body’s ability to fight disease or other sickness. Also, UTIs are more common in people who have been on bedrest, had a urinary catheter or had certain surgeries.

WHAT ARE THE SYMPTOMS OF A UTI?
- Pain or burning when you go to the bathroom.
- An urge to go to the bathroom often, even when your bladder is empty.
- Cloudy or bloody urine.

HOW IS A URINARY TRACT INFECTION TREATED?
Simple UTIs can be treated with a short 3-to-5-day course of antibiotics. You should talk with your healthcare provider before starting any of these.

Complicated UTIs may need a longer course of antibiotics. You may even need to get intravenous (IV) antibiotics. After a short period of IV antibiotics, you may still have to take antibiotics by mouth for several weeks.

Pain and the urge to pass urine often go away after a few doses of antibiotics, but you should still take the full course of the drug even if you feel better. Unless UTIs are fully treated, they can often return. You should also drink plenty of liquids during treatment.
DO’S AND DON'TS OF TAKING ANTIBIOTICS:

**Do's**

Do follow your doctor’s advice on how to take your medicine
Do take your medicine at scheduled times
Do take the full course of your medicine even after you start feeling better
Do drink plenty of liquids while taking antibiotics
Do call your doctor if you are not feeling better in a couple of days. He/she may want to try another treatment or order more tests
Do wear protective clothing when outdoors as some antibiotics may cause you to get sunburned
Do use a second form of birth control while on antibiotics if using birth control pills
Do tell your doctor if you are pregnant or Nursing when you are prescribed antibiotics

**Don’ts**

Don’t skip a dose of your medicine as each dose is needed to get better
Don’t stop taking your medicine just because you start feeling better
Don’t take antibiotics prescribed for someone else
Don’t save any medicine for the next time you are ill

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world’s leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation’s website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

DISCLAIMER:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For more information about urologic conditions, visit UrologyHealth.org/Order or call 800-828-7866.