



Urinary Tract Infections

What causes Urinary tract infection?

- Urinary tract infections are caused by bacteria—they enter the bladder or kidney through the urinary opening.

What are the symptoms of a Urinary tract infection?

- Burning with urination
- Frequency of urination
- Blood in urine
- Occasionally-low back pain

What is the treatment for urinary tract infections?

- Antibiotics prescribed by your health care provider will usually cure a urinary tract infection. Take all the pills exactly as you are told. Do not stop taking them just because you feel better.
- A urinalysis is done to confirm infection
- Urine culture may also be done to determine which bacteria are causing the infection and which antibiotics is best to treat the infection.
- Drink plenty of fluids
- One glass of cranberry juice per day if desired- there are no increased benefits to drinking more than this.

What are the risk factors for Urinary tract infections?

- Females have a much greater risk for Urinary tract infections
- Sexual intercourse
- Scented soaps, lotions, bubble baths

How can urinary tract infections be prevented?

- Drink plenty of fluid—water is preferred—every day.
- Decreased caffeine intake, carbonated beverages and citrus juices.
- Shower or cleanse after every sexual intercourse
- Use unscented laundry detergents, soaps—wash new undergarments before use

Call our office:

- If you have fever, chills, or severe back pain
- If you have nausea or vomiting
- If symptoms have not started to improve in 48 hours

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