

The Mount View Practice

Fleetwood Health & Wellbeing Centre

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[www.mountviewpractice.nhs.uk](http://www.mountviewpractice.nhs.uk/)

**Uncomplicated urinary tract infection – Patient information leaflet**

You have been given this leaflet as you have informed us of symptoms highly suggestive of uncomplicated urinary tract infection. This is a common presentation in females and in many cases is treated simply with antibiotics when presenting with severe symptoms. Some of the symptoms you may have are:

* Burning or stinging when you pee (urinate).
* Constant lower tummy (abdominal) ache.
* Needing to pass urine often (frequency).
* An urgent feeling of needing to empty your bladder (urgency).
* Loss of bladder control (Incontinence).
* Needing to get up to urinate several times in the night.
* Feeling of needing to empty your bladder even after urinating. Or, a dribble of urine after you think you have finished.
* Difficulty urinating.
* A slow stream of urine.

You may have been given treatment without examination based on the symptoms you are suffering which is a safe and recognised treatment method based on the latest guidance. However, If you are pregnant, have an indwelling urinary catheter, loin/back pain, feel really unwell, have known kidney problems or symptoms of vaginal discharge/irritation then you will need to be assessed by a clinician prior to treatment.

It is normal for symptoms to last up to three to five days after starting treatment. Make sure you complete the whole course of antibiotics even if you feel better. Over the counter painkillers such as paracetamol can help with any pain. Drinking plenty of fluids may also help you feel better.

**You should seek urgent medical advice if you develop a worsening of symptoms including:**

* Temperature of 38.0°celcius or above
* Pain in your sides or back
* Shivering and chills
* Feeling and being sick
* Confusion
* Agitation or restlessness

If your symptoms persist after treatment you must re-attend the surgery for assessment by a clinician. Please provide a fresh mid-stream urine specimen when you attend.

**Preventing urinary tract infections**

If you get UTI’s frequently there are some things you can try that may stop it coming back. However it’s not clear how effective these measures are. These measures include:

* wearing underwear made from cotton, rather than synthetic material such as nylon, and avoiding tight jeans and trousers
* avoiding perfumed bubble bath, soap, or talcum powder around your genitals – use plain water or specific feminine wash, unperfumed varieties, and have a shower rather than a bath
* going to the toilet as soon as you need to pee and always emptying your bladder fully
* staying well hydrated
* wiping your bottom from front to back when you go to the toilet
* emptying your bladder as soon as possible after having sex
* not using a contraceptive diaphragm or condoms with spermicidal lubricant on them – you may wish to use another method of contraception instead

There’s currently little evidence to suggest that drinking cranberry juice or using probiotics significantly reduces you chances of getting UTI’s.

**Recommended sources of information**

[www.nhs.uk](http://www.nhs.uk)

<https://patient.info/health/lower-urinary-tract-symptoms-in-women-leaflet>

If the practice is closed ring 111 for medical advice or 999 in a life threatening emergency.