

Urinary Tract Infections

The bacteria that infect the urinary tract are usually from the large intestines especially the bacteria called E. coli. They are found at the anal orifice or opening of the large intestine and are transferred to the urinary opening by contamination.

Symptoms

Common symptoms of the lower urinary tract infection are:

- Increased frequency
- Dysuria
- Urgency
- Strangury
- Suprapubic pain
- Hematuria
- Cloudy and foul smelling urine

Common symptoms of the upper tract infection (namely the infection in the Kidney) are:

- Fever
- Vomiting
- Loin pain and tenderness
- Fatigue and general ill feeling

Treatments: Contact your doctor for the right treatment for you.

Preventing Urinary Tract

- After a bowel movement or after urinating, wipe from front to back. Earlier we learnt that the opposite is one of the predisposing factors for infection especially in women.
- Wash the skin around the anus and the genital area.
- Avoid using douches, powder, and deodorant sprays. These can act as a nidus for bacteria and also destroy the normal defense mechanisms.
- Drink plenty of fluids (including water) to flush bacteria out of your urinary system.
- Empty your bladder as soon as you feel the urge or about every 2–3 hours.
- Try to empty your bladder before and after sex.
- Wear underwear with a cotton crotch.

It is important to remember that in women the risk of urinary tract infection is about 60 times higher during the 48 hours after sexual intercourse when compared to the risk at other times.

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

Your doctors contact information is available in the box below.

mdCurrent
GLOBAL MEDICINE. LOCAL FOCUS.

<http://mdcurrent.in/patients/patient-education-home/>



© mdCurrent LLC. Doctors in India are permitted to make unlimited printouts or photocopies for distribution to patients.
Rev 2016-02-15