



Urinary Tract Infection September 10, 2015

Urinary tract infections (UTIs) are the second most common infection found in the body. The infections may appear in the lower urinary tract, the bladder and the urethra. Serious UTIs may appear in the kidneys and cause wide-spread infection. If the symptoms are not recognized, a UTI can quickly become an infection that spreads in the body causing sepsis or septicemia. If left untreated, sepsis can cause hospitalization or worse, death.

Risk Factors include but not limited to:

- Individuals with spinal cord injuries
- Individuals with diabetes
- History of urinary tract infections
- Individuals with catheters or tubes placed in the urethra and bladder
- Women are at a greater risk for developing a UTI than men

Symptoms for a UTI may include but not limited to:

- Urinary frequency—an individual has to go a lot
- Urinary urgency—an individual has to go now
- Decreased urine output—though an individual goes a lot and now, not much comes out.
- Pain and burning—upon urination
- Incontinence—an individual just can't hold it in.
- Appearance of urine—the urine may be cloudy, a deep yellow color, blood-tinged and have a strong odor.
- Falling—many times an individual may try to get up at night without assistance. What may look like confusion may actually be a person's attempt to get to the bathroom.
- Altered Mental Status—as the infection spreads, it may cause confusion, especially in older individuals.
- Fever—a low grade fever may be present.
- Pelvic pain in women
- Rectal pain in men
- Back pain
- Nausea and vomiting

Preventive Measures:

- Drink plenty of water—this helps dilute the urine allowing the flushing of the bacteria with more frequent urination.
- Wipe/clean from front to back—this decreases the spread of bacteria
- Empty the bladder after intercourse—this flushes bacteria from in and around the urethra.
- Avoid potentially irritating female products such as deodorant sprays or powders.

Source: National Institute of Diabetes and Digestive and Kidney Diseases
<https://www.niddk.nih.gov/health-information/health-topics/urologic-disease/urinary-tract-infections-in-adults/Pages/facts.aspx>

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