

# UTI INFORMATION

This leaflet gives you some general information about Urinary Tract Infections (UTIs) which can often be missed and cause serious health problems.

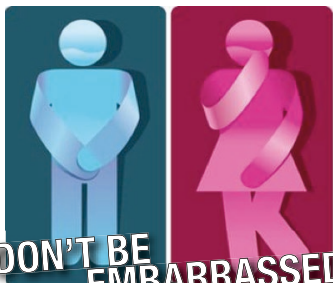
## WHAT IS IT?

- The root cause of Urinary Tract Infections (UTIs) is usually bacteria growing in the urine within the bladder.
- If the bladder isn't emptied completely or a person has difficulty emptying the bladder, urine remains there longer than normal and bacteria has more time to start growing.

## SYMPTOMS

- Urgent or frequent need to pass water/urinate
- Painful or difficulty in urinating, burning.
- Abdominal or stomach tenderness
- Fever or raised temperature
- Feeling tired or lethargic
- Reduced appetite
- Increased confusion, reduced mobility
- Unpleasant, strong smelling or cloudy urine
- Respiratory changes you may not have experienced before

If you have any of the symptoms (left) speak to your GP/ pharmacist. UTIs can be easily treated with antibiotics and can usually be managed at home after diagnosis.




## WHERE TO GO FOR HELP

- Speak to your pharmacist or GP.
- If out of hours visit a walk in health centre
- For severe symptoms visit A&E






There is nothing to be embarrassed about. UTI's aren't just a nuisance, they can be serious if not treated!



# Choose well.

 <p><b>Hangover. Grazed knee. Sore throat. Cough.</b></p>	 <p><b>Unsure? Confused? Need help?</b></p>	 <p><b>Diarrhoea. Runny nose. Painful cough. Headache.</b></p>
Self-care	NHS 111	Pharmacist

 <p><b>Unwell. Vomiting. Ear pain. Back ache.</b></p>	 <p><b>If you cannot get to see your GP and it's not getting any better</b></p>	 <p><b>Choking. Chest pain. Severe bleeding. Blacking out.</b></p>
GP (Doctor)	NHS Walk-in	A&E or 999

Self-care	
NHS 111	
Pharmacist	
GP	
Walk-in Services	
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