

Fast Facts

UTI

<i>Symptoms</i>	<i>Risk Factors</i>	<i>Treatment</i>
<ul style="list-style-type: none"> -Strong, persistent urge to urinate -Burning sensation when urinating -Passing frequent, small amounts of urine -Urine that appears cloudy/discolor (red/pink) -Strong smelling urine -Pelvic pain 	<ul style="list-style-type: none"> -Female -Sexual activity -Certain birth control (diaphragms/spermicides) -Menopause -Blockages (kidney stones/enlarged prostate) -Urinary tract abnormalities -Suppressed immune system -Recent urinary surgery -Catheter use 	<ul style="list-style-type: none"> -Antibiotics -Pain medicine to numb your bladder and reduce the burning sensation (a side effect of this medicine is that it can turn your urine an orange/red color) <p>Others things you can do to relieve the symptoms are:</p> <ul style="list-style-type: none"> -Use a heating pad over your lower abdomen -Drink plenty of water -Avoid drinks that can irritate your bladder (coffee, alcohol or soft drinks, citrus juices) <p>Note: many people believe that cranberry juice helps if you have UTI- not been proven (no harm in drinking it, just be careful if you are on warfarin, aspirin, blood-thinning medications or medications that affect your liver as cranberry juice can impact these)</p>

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