

## **Urinary Tract Infection (UTI)**

### **Common UTI symptoms:**

- A burning sensation when you urinate
- Feeling like you need to urinate more often than usual
- Feeling the urge to urinate but not being able to
- Urine leakage
- Foul smelling urine
- Cloudy, dark or bloody urine
- Lower abdominal pain or lower back pain
- Low grade fever or nausea

***\*It is important to be evaluated as soon as possible if you experience fever, chills, low back pain, nausea, vomiting. These symptoms may indicate a more serious kidney infection (pyelonephritis).***

### **UTI Treatment:**

Seek medical treatment by scheduling an appointment at the UD Student Health Center or go to a local urgent care clinic. They will need to check your urine for bacteria. If the medical provider sees bacteria in the urine, you will be given an antibiotic. The symptoms should go away in a day or two after starting the antibiotic. If the symptoms do not go away after taking the antibiotic for two days, please return to the UD Student Health Center or urgent care for evaluation.

### **Ways to prevent a UTI:**

- Drink plenty of water to help flush out bacteria
- Do not hold your urine. Urinate when you feel the need to.
- Wipe from front to back after each bowel movement to prevent bacteria from entering the urethra.
- Urinate after sexual activity to help wash away bacteria.