

What is a urinary tract infection?

A urinary tract infection (UTI) can affect your bladder, kidneys or the tube carrying your urine out of your body (urethra).



Common symptoms of a UTI

- Needing to pass urine suddenly or more often than usual.
- Pain or a burning sensation when passing urine.
- Blood in your urine.
- Pain in your lower tummy or back.
- Changes in behaviour such as severe confusion.

What colour is your urine?

Healthy urine colour				Try and drink more			
1	2	3	4	5	6	7	8

- Drink more if your urine looks darker than usual (normal is clear to light yellow).
- If you have blood in your urine (red or dark brown) seek advice from your GP.

NOTE: Some medicines, vitamin supplements or food can alter the colour of urine.

Dehydration can lead to a UTI

Common symptoms of dehydration

- Feeling thirsty.
- Dark coloured or strong smelling urine.
- Urinating little and less than 4 times a day.
- Feeling dizzy or lightheaded.
- Headache.
- Dry mouth, lips and eyes.



Preventing dehydration

- Drink 1½ to 2 litres (3 to 4 pints) a day – unless you have been advised to restrict your fluid intake.
- Keep taking small sips and gradually drink more if you can.



Preventing dehydration (continued)

- Drink if you have diarrhoea or vomiting.
- Drink more if you are sweating.
- Drink enough during the day so that your urine is clear to light yellow in colour.



Top tips to prevent a UTI

- Drink 1½ to 2 litres (3 to 4 pints) a day – unless you have been advised to restrict your fluid intake.
- Pass urine every 3 to 4 hours during the day (don't hold on).
- Empty your bladder fully.



Top tips to prevent a UTI (continued)

- Wipe from front to back when you go to the toilet.
- Wash your body daily.
- Wear loose cotton underwear.
- Pass urine after sex.
- Change a baby's nappy regularly.

