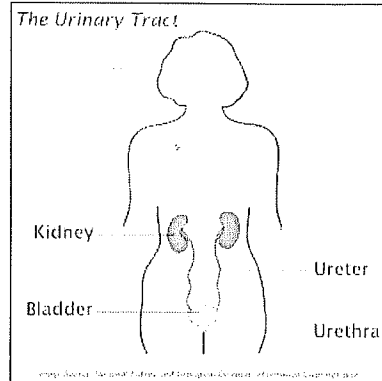


URINARY TRACT INFECTION

Name Ben Antonio Nelson Date 6-15-17

What is a urinary tract infection?
It is an infection in the bladder and/or kidneys caused by a bacteria. It is much more common in women than in men.
Bladder Infection This is an infection of the lining of the bladder caused by bacteria.
Kidney Infection This is an infection of the kidney(s), also caused by bacteria, and is more serious.



Which Problem Do I Have?	What Antibiotic Do I Need?	What other Medicines Do I Need?
Bladder Infection Kidney Infection	<u>Lipro 500mg</u> <u>1 p.o. b.i.d. x 2 days</u> Take all of the Medicine!!!	 Take only as Instructed!

What Are The Symptoms?	How Can I Get Well?	REMEMBER
-Needing to urinate often and in small amounts -Burns or hurts to urinate -Lower back pain and maybe even fever -Cloudy, bad-smelling urine	<u>Ibuprofen (Advil, Motrin)</u> Take 2-4 tablets every 6-8 hours for relief of pain. Drink 10-12 full glasses of water Don't drink alcohol or coffee and don't eat spicy foods Avoid douching and use pads instead of tampons.	1. Take antibiotic until it is all gone! 2. Drink plenty of fluids. 3. Wipe front to back each time you go to the bathroom
How Do I Keep From Getting Another Urinary Infection? -Wipe from front to back each time you go to the bathroom -Urinate before and after sexual activity -Drink more water and juices		

Do I need a follow-up appointment? ____ no ____ yes, in ____ days

Call 244-3281 to schedule an appointment.

Revised by AUM-SHC 05/17