

Urinary Tract Infection (UTI) - Prevention

Urology Care
FOUNDATION™
*The Official Foundation of the
American Urological Association*

WHAT IS A URINARY TRACT INFECTION?

A urinary tract infection (UTI) is a bacterial infection in any part of the urinary system — the kidneys, ureters, bladder or urethra. A bladder infection is the most common type of infection. People of any age or sex can get UTIs, but they are more common in women. Studies show that nearly half of all women will get a UTI in their lifetime. Additionally, one in every four women will have a repeat infection. However, there are ways to prevent UTIs.

HOW CAN YOU PREVENT A UTI?

Bacteria live all over our bodies and routinely get into our bladder. We often flush bacteria out by passing urine, which stops them from causing a UTI.

There are ways to prevent your chances of getting a UTI. To prevent a UTI, you should:

- Drink plenty of fluids, especially water, to keep well hydrated and to help flush out bacteria
- Go to the bathroom when you need to and don't rush to finish
- Good bathroom habits for women are vital - wipe from front to back and, for those with repeated UTIs, go to the bathroom right away after having sex
- Keep your genital area clean: Uncircumcised men should retract and clean under the foreskin of the penis. Women should not douche or use harsh soaps near the genitals

WHEN SHOULD I CALL MY DOCTOR?

Some people may have symptoms that suggest they have a UTI. Symptoms should never be ignored. Talk to your doctor if you have:

- Pain or burning when you pass urine
- An urge to go to the bathroom often, even when your bladder is empty
- Cloudy or bloody urine
- Pain in your lower back or bladder region

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

DISCLAIMER:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For more information about urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.

National Headquarters: 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • info@UrologyCareFoundation.org • www.UrologyHealth.org



UrologyCareFoundation



@UrologyCareFdn



@UrologyCareFdn



UrologyCareFoun