

## Urinary Tract Infections (UTI) Program CCC/REHAB/ISU



### SIGNS OF A URINARY TRACT INFECTION:

- A UTI is an infection of any part of the urinary system caused by bacteria
- Signs of a urinary tract infection includes: pain or burning when passing urine, difficulty urinating, or the feeling of the need to urinate often. You may have a fever or, less commonly, blood in their urine. You may complain of pain in their side, lower stomach or lower back.

### SIGNS OF NOT HAVING A URINARY TRACT INFECTION:

- **Disorientation** and **confusion** are not reliable signs of a UTI
- **Smelly or cloudy urine** does not mean a person has a UTI. Foods, new medication, dehydration all may cause these changes

### HOW WILL A POSSIBLE UTI BE MANAGED HERE ON THE UNIT:

- If signs of a UTI, urine will be collected and sent to lab for testing
- Physician/Nurse Practitioner may wait for the results of the test before deciding to treat, and they may encourage the patient to drink more water or clear fluids while they wait
- If a patient is found to have a UTI, they will be assessed and treated
- The medication for treatment will be decided by the type of bacteria and patient specific needs
- Length of treatment may vary from 1-7 days/Complicated cases may be up to 10 days (rare)



### FAST FACTS:

- Your care team will help prevent the risk of a UTI by keeping your genital area clean and dry and by cleansing thoroughly wiping front to back after toileting
- Finding bacteria in the urine is common in the elderly and does not always cause problems or need treatment with antibiotics. Bacteria in the urine without symptoms of an infection is called asymptomatic bacteriuria which does not cause harm to patients
- Antibiotics may be given to patients who have asymptomatic bacteriuria, but antibiotics are not needed in these cases
- Using antibiotics when not needed can lead to harm, such as side effects (e.g. rash), adverse drug interactions and C. difficile causing severe diarrhea, antibiotic resistant organisms



**You will be closely monitored if there is suspicion of a UTI. At times a period of “watchful waiting” is an appropriate step to take and will not cause you any serious issues. If you are found to have a urinary tract infection, then you will be assessed by the Physician/Nurse Practitioner and may be given antibiotics.**