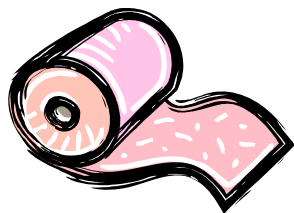


## Lifestyle Measures for a Healthy Bladder

*(no evidence that these decrease UTI's)*

1. Drink lots of water to keep the urine in the bladder diluted.
2. Minimize caffeine and alcohol intake which dehydrate.
3. Drinking large quantities of unsweetened cranberry juice can make the bladder and urethra more acidic and therefore more hostile to infectious bacteria.
4. Urinate when the urge is felt, usually every 3 to 4 hours, rather than postponing for a long time.
5. Urinate before and after sex in order to help clear the urethra of bacteria and relieve pressure on the bladder.
6. Follow good hygiene. For example: it is important to wash genitals daily and a woman should always wipe from front to back to avoid contamination around the urethra.



## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Urinary Tract Infections



613-520-6674  
[carleton.ca/health](http://carleton.ca/health)  
2600 CTTC Building

# What is a Urinary Tract Infection?

UTIs are infections usually caused by bacteria entering the urinary tract. The most common is cystitis.

UTIs are more common in women than men. Women have a much shorter urethra (the tube from the bladder to the outside of the body) which makes it easier for bacteria to enter the bladder.

Women are more likely to develop a UTI if they are sexually active, but the cause is unknown.

## Symptoms

Not everyone with a urinary tract infection develops recognizable signs and symptoms, but most people have some.

In general, urinary tract infection signs and symptoms develop rapidly and can include:

- A strong, persistent urge to urinate

- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Blood in the urine or cloudy, strong-smelling urine
- There may be fever, vomiting and pain in the mid to lower back as the infection reaches the kidneys in advanced infections.



## When to seek medical advice

If you have symptoms of a urinary tract infection, it is important to see your doctor as soon as possible.

## Diagnosis & Treatment

UTIs are identified by a urine test in the lab. Your physician will usually prescribe an antibiotic to treat the infection. Symptoms should clear up quickly.



## Medication

It is essential to complete your medication even after the symptoms have disappeared. If bacteria are not effectively eliminated, the infection may reoccur.

