



Urine infection in women (UTI)

You came to the emergency department with symptoms of a urine infection. The doctor thinks this is a bladder infection that can be treated at home. This sheet explains how to care for yourself and when to come back.

What is it?

A urine infection happens when germs get into the bladder. It is common in women because the tube that carries urine out is short. It can cause burning when passing urine, needing to go often or urgently, cloudy or smelly urine, blood in the urine, and pain low in the tummy. If the infection spreads to the kidneys, it can become serious.

Looking after yourself at home

- Drink enough water so your urine stays pale.
- Pass urine whenever you feel the need; do not hold it in.
- Wipe from front to back after using the toilet.
- Pass urine soon after sex.
- A warm pack on your lower tummy may ease discomfort.

Medicines

- Take the antibiotics exactly as prescribed and finish the course, even if you feel better.
- Paracetamol or ibuprofen can help with pain, unless your doctor told you not to. Follow the packet or your doctor's instructions.
- Avoid ibuprofen if you have a stomach ulcer, kidney disease, some types of asthma, or are pregnant, unless your doctor says it is safe.

Follow-up

- See your family doctor or health centre if you are not improving after 2 days of antibiotics.
- If a urine test was sent, your doctor may change your antibiotic when the result is ready.
- See your doctor if you are pregnant, or if infections keep coming back.

Come back to the emergency department or call an ambulance straight away if:

- Fever, shivering, or shaking
- Pain in your back or side, below the ribs
- Vomiting, or being unable to keep your antibiotics down
- New confusion or being very drowsy
- Being unable to pass urine at all
- Tummy pain or bleeding from the vagina if you are pregnant



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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