Image: 
Illustration of a urine specimen cup

Text:
What is a urinary tract infection?

•Urinary tract infections, or UTIs, are infections of the bladder or the kidneys. 
•UTIs are common, especially in women. 
•A bladder UTI is called cystitis. A bladder infection may cause:
−Pain or burning when urinating 
−Need to urinate often or urgently
−Pain in the lower belly over the bladder
•A kidney UTI is called pyelonephritis. A kidney infection may cause:
−Fevers 
−One-sided back pain just below the rib cage 
−Nausea or vomiting 
−May also have symptoms of a bladder infection
•Cloudy or foul-smelling urine without UTI symptoms is unlikely to be a UTI.
•Your healthcare provider may ask you for a urine sample to test for a UTI and decide if you need antibiotics.
−Ask your healthcare provider how to collect the sample so that bacteria that normally live on the skin do not get mixed into the urine.

What should I do to feel better?
•If you get an antibiotic prescription, fill it and take it as directed.
•You can help prevent a UTI by:
−Drinking lots of water so you urinate more often
−Urinating after sex
−Wiping front to back after having a bowel movement 
−Avoiding douching, sprays, and powders in the genital area

When will I feel better?
•Symptoms usually start to get better within a couple of days of starting antibiotics.

Text in box:
Contact your healthcare provider if:
•You have a bladder infection (cystitis), and you are not getting better after 72 hours or you get back pain, shaking chills, confusion, or fevers.
•You have a kidney infection (pyelonephritis), and your fevers are getting higher or more frequent; your fever is not gone 72 hours after starting antibiotics; or you get worse or new shaking chills, confusion, or generally feel more ill. 

Disclaimer:
This document is intended to provide health-related information so that you may be better informed. It is not a substitute for your healthcare provider's medical advice and should not be relied upon for treatment for specific medical conditions.

Directions for Adding Your Logo to Your Document

If you chose to add a logo to this document, you can place it in the footer, below the article development content.

**Steps:**

1. Open the footer section (either double click in the footer section of the document or go to the “Insert” tab→ select the drop-down menu for “Footer”→ and click on “Edit Footer”).
2. Make sure your cursor is below the bottom line (or wherever you want your logo).
3. Go to the “Insert” tab.
4. Click on “Pictures” from the “Insert” tab.
5. A window will pop up so you can search your computer for the logo. Select your logo (.jpg or .png format) and click the insert button.
6. Your logo will appear in your footer. If you are happy with the placement, skip step 7.
7. If you want to move the logo image around, click on the logo→ go to the   
   “Format” tab→ click on the “Wrap Text” drop-down menu→ and select “In front of text.” This formatting will allow you to move the logo freely around the screen.
8. When you are satisfied with the placement of the logo, exit the footer section (either double click outside of the footer area or go to the “Design” tab and click the “Close header and footer” button).

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