

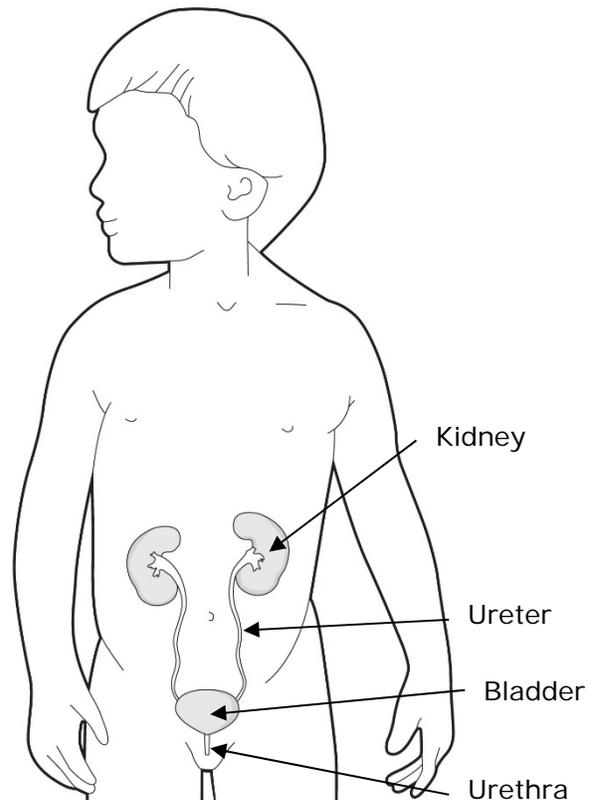
Urinary Tract Infections (UTI)

What is a urinary tract infection?

A urinary tract infection (UTI) is an infection that affects the urethra, bladder, ureters or kidneys.

The parts of the urinary tract are shown in this picture.

Urinary tract infections are often caused by germs that are normally found in the bowel.



How can I help prevent my child from getting a UTI?

Here are things that you can do every day:

- Encourage your child to drink lots of fluids, mostly water.
 - School-age children: 1 to 1.5 litres a day
 - Older children and teens: 1.5 to 2 litres a day
 - Have your child go to the bathroom to pass urine (pee) often. Your child should pee at least 5 or 6 times a day.
 - In the bathroom, encourage your child to relax and take time to empty his or her bladder completely.
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- Prevent your child from getting constipated. Drinking fluids is important. Eating high fibre foods can also help. Foods with high fibre are fruits, vegetables, and whole-grain breads and cereals.
- Use only unscented, hypoallergenic soaps and bubble bath. Do not use scented soap or bubble bath as they may irritate the urethra and/or vagina. This can cause symptoms similar to those of a urinary tract infection. If your child does take a bubble bath, he or she should rinse with clean running water before getting out of the tub.
- Keep your child's bottom clean and dry. Change diapers whenever they are wet or dirty. Change underpants each day and whenever wet or dirty.

Boys: Clean his penis with soap and water every day. Rinse well.

Girls: Wipe her bottom from front to back each time she pees or has a bowel movement. Each day in the bath or shower, gently wash around the labia with mild soap and water. Rinse well.

What are the signs of a urinary tract infection?

Your child may have a UTI if he or she:

- has urine that is cloudy, pink or red, or smells bad
 - feels ill; has a headache, nausea, vomiting or loss of appetite, cries more often or seems irritable
 - has a fever; a temperature higher than 38.5°C or 101.3°F
 - feels the need to pass urine frequently or "can't wait" and must rush to the bathroom (this is called urgency)
 - is wet often or wets the bed, when he or she is usually dry
 - feels pain or burning when passing urine
 - has pain in the lower back or abdomen
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What should I do if my child has UTI symptoms?

Take your child to your family doctor, pediatrician or a walk-in clinic to be checked and have a urine test. The urine will be checked with a test strip. This is called urinalysis.

Understanding urinalysis results

Urinalysis is 'positive' if leukocytes (white blood cells) and/or nitrites are found in the urine. These are signs of infection.

If urinalysis shows signs of infection, you can expect the doctor to send urine for more tests, called "Routine and Microscopy" and 'Culture and Sensitivity'.

If an infection is likely, the doctor may give you a prescription for antibiotics, which your child should start taking right away.

All urine test results should be faxed to Pediatric Urology at 905-521-5056 (Attention: Pediatric Urology NP) or brought to your child's next clinic visit.

If your child has repeated urinary tract infections, call a Nurse Practitioner at 905-521-2100, ext. 72995.

