



# UTI in Women

## After-Care Instructions

### General information

A urinary tract infection (UTI) is an infection of the bladder or kidneys.

- **Bladder infection**, called cystitis, is more common. Untreated infection can spread from the bladder to the kidneys.
- **Kidney infection**, called pyelonephritis, is more serious.

### Treatment for a UTI

- Urinary tract infections are treated with **antibiotics**. Take the antibiotics as prescribed.
- You may have been prescribed a medication for painful urination, called **pyridium**. This medication only treats the symptoms, not the infection and turns your urine orange. You can stop taking it when the symptoms get better.

### Caring for a UTI after a visit to the Emergency Department

- Take the antibiotics for the full length of time even if your symptoms go away.
- Drink extra fluids, especially water and juices with vitamin C (like cranberry, orange, and grapefruit).
- You can also take vitamin C tablets 250 or 500 mg 3-4 times a day.
- Avoid alcohol and caffeine.

### When to call Kaiser Permanente

- If your symptoms do not get better in 1-2 days.
- If you have any new or unusual symptoms.
- If your symptoms return after you finish your treatment.
- If you get a rash. (It may be caused by the antibiotics.)
- If you feel a new pain in your abdomen or mid-back (just below your rib cage).

### When to return to an Emergency Department

- If you are vomiting and cannot keep down fluids or your medications.
- If you get fever over 101°F or you have chills and fever.

### Other instructions (if needed):

If you think you have an emergency medical condition and you cannot safely go to a plan hospital, call 911 or go to the nearest hospital.

For information on this and over 180 other health topics, see your *Kaiser Permanente Healthwise® Handbook*. If you need a copy, please call 1-800-464-4000.