

Possible urinary signs & symptoms	The outcome	Recommended care	When should I get help? Contact your GP practice or contact NHS 111
<p>Key signs/symptoms:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dysuria: Burning pain when passing urine (wee) <input type="checkbox"/> New nocturia: Needing to pass urine in the night <input type="checkbox"/> Cloudy urine: Visible cloudy colour when passing urine <p>Other signs/symptoms to consider:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Frequency: Passing urine more often than usual <input type="checkbox"/> Urgency: Feeling the need to pass urine immediately <input type="checkbox"/> Haematuria: Blood in your urine <input type="checkbox"/> Suprapubic pain: Pain in your lower tummy <p>Other things to consider:</p> <p>Recent sexual history</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inflammation due to sexual activity can feel similar to the symptoms of a UTI <input type="checkbox"/> Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI <p>Changes during menopause</p> <ul style="list-style-type: none"> • Some changes during the menopause can have symptoms similar to those of a UTI 	<p>Non-pregnant women:</p> <p><input type="checkbox"/> If none or only one of: dysuria, new nocturia, cloudy urine; AND/OR vaginal discharge →</p> <ul style="list-style-type: none"> • UTI much less likely • You may need a urine test to check for a UTI • Antibiotics less likely to help • Usually lasts 5 to 7 days <p><input type="checkbox"/> If 2 or more of: dysuria, new nocturia, cloudy urine; AND NO vaginal discharge →</p> <ul style="list-style-type: none"> • UTI more likely • You should start to improve within 48 hours • Symptoms usually last 3 days <p>Pregnant women:</p> <p><input type="checkbox"/> If suspected UTI →</p>	<p><input type="checkbox"/> Self-care and pain relief.</p> <ul style="list-style-type: none"> • Symptoms may get better on their own <p><input type="checkbox"/> Recommend GP visit if symptoms:</p> <ul style="list-style-type: none"> • Get worse • Do not get a little better with self-care within 48 hours • Are persistent and ongoing <p><input type="checkbox"/> If mild symptoms, recommend self-care AND GP visit if symptoms:</p> <ul style="list-style-type: none"> • Get worse • Do not get a little better with self-care within 48 hours <p><input type="checkbox"/> Recommend immediate GP visit/ NHS111 and self-care</p> <p><input type="checkbox"/> Immediate GP referral</p>	<p>The following symptoms are possible signs of serious infection and should be assessed urgently.</p> <p>Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> 1. You have shivering, chills and muscle pain 2. You feel confused, or are very drowsy 3. You have not passed urine all day 4. You are vomiting 5. You see blood in your urine 6. Your temperature is above 38°C or less than 36°C. 7. You have kidney pain in your back just under the ribs 8. Your symptoms get worse 9. Your symptoms are not starting to improve within 48 hours of taking antibiotics
<p>Self-care to help yourself get better more quickly</p>	<p>Options to help prevent a UTI</p>	<p>Antibiotic Resistance</p>	<p>Community Pharmacy notes</p>
<ul style="list-style-type: none"> • Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses • Avoid too much alcohol, fizzy drinks or caffeine that can irritate your bladder • Take paracetamol or ibuprofen at regular intervals for pain relief, if you can and have had no previous side effects • There is currently no evidence to support taking cranberry products or cystitis sachets to improve your symptoms • Consider the risk factors in the 'Options to help prevent UTI' column to reduce future UTIs 	<p>It may help you to consider these risk factors:</p> <ul style="list-style-type: none"> • Stop bacteria spreading from your bowel into your bladder. Wipe from front (vagina) to back (bottom) after using the toilet. • Avoid waiting to pass urine. Pass urine as soon as you need. • Go for a wee after having sex to flush out any bacteria that may be near the opening to the urethra. • Wash the external vagina area with water before and after sex to wash away any bacteria that may be near the opening to the urethra. • Drink enough fluids to make sure you wee regularly throughout the day, especially during hot weather. <p>If you have a recurrent UTI, the following may help</p> <ul style="list-style-type: none"> • Cranberry products and D-mannose: There is some evidence to say that these work to help prevent recurrent UTI. • After the menopause: Topical hormonal treatment may help; for example, vaginal pessaries. • Antibiotics at night or after sex may be considered. 	<p>Antibiotics can be lifesaving. But antibiotics are not always needed for urinary symptoms.</p> <p style="text-align: center;">↓</p> <p>Antibiotics taken by mouth, for any reason, affect our gut bacteria making some resistant.</p> <p style="text-align: center;">↓</p> <p>This may make future UTI more difficult to treat.</p> <p style="text-align: center;">↓</p> <p>Common side effects to taking antibiotics include thrush, rashes, vomiting and diarrhoea. Seek medical advice if you are worried.</p> <p style="text-align: center;">↓</p> <p>Keep antibiotics working; only take them when advised by a health professional. This way they are more likely to work for a future UTI.</p>	