

Urinary Tract Infections (UTIs)

What are urinary tract infections (UTIs)?

	<p>Urinary tract infections (UTIs) are caused by an infection in the body system that helps you to wee.</p> <p>This can be in the bladder, urethra or kidneys.</p>
	<p>Signs of a urinary tract infection are:</p> <ul style="list-style-type: none"> • needing to wee quickly and more often than usual • pain or a burning feeling when weeing • blood in your wee



- **smelly** or **cloudy** wee
- **pain** in your lower tummy
- feeling **tired** and **unwell**

What to do if you have any of these signs?



✓ **Contact your GP** as soon as possible.

You may need antibiotics.

How to stop getting UTIs?

	<p>✓ Drink at least 8 drinks a day. Water is the best drink to have.</p>
 <p>100% COTTON</p>	<p>✓ Shower often and wear loose cotton underwear.</p>
	<p>✓ Wee when you need to and empty your bladder fully when doing a wee.</p>