

How to prevent UTI



Have a yarn, start a conversation: Talk to men in your family and community about your urinary tract health, risk factor awareness and management.



Drink plenty of liquids, especially water. Urine should be a clear, straw colour rather than dark yellow.



See your GP if you have symptoms that suggest prostate enlargement such as: difficulty starting to urinate, needing to urinate more often or at night, a weak urinary stream, or a feeling of incomplete emptying of the bladder.

For more information



<https://www.healthdirect.gov.au/urinary-tract-infection-uti>

Want to know more?

Ask your local doctor or healthcare professional

NACCHO and Australian Indigenous health workers resources

<https://www.naccho.org.au/naccho-map>

Support in hospital

Ask to speak to the Indigenous hospital liaison officer for support.

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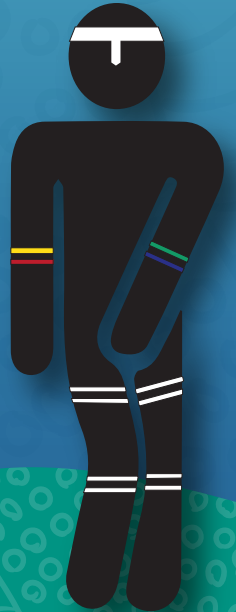
UTIs

URINARY TRACT



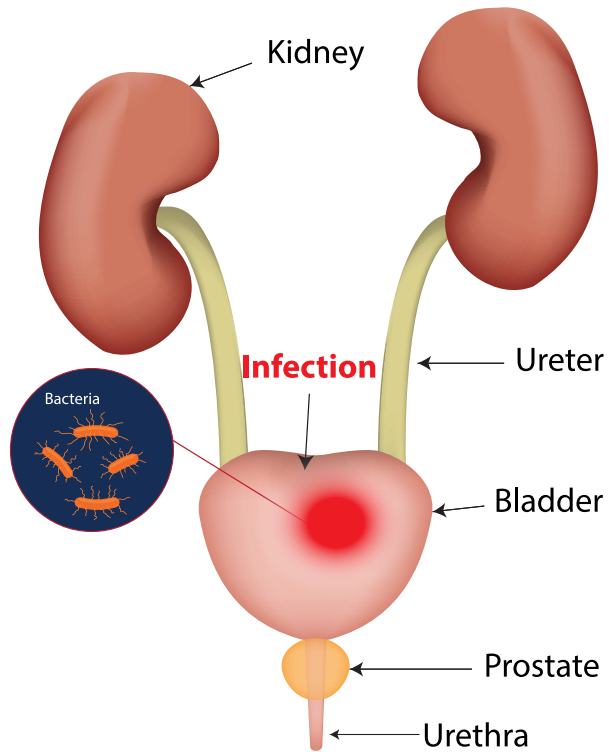
Men's Business

A basic guide to preventing urinary tract infections



What is a Urinary Tract Infection?

Urinary Tract Infection (UTI) is an infection in any part of the urinary tract. This includes the urethra, bladder, ureters, or kidneys. This occurs when bacteria (germs) enter the urethra and affects the bladder.



Signs and symptoms may include



Pain or stinging when passing urine



Passing small amounts of urine more often



Dark urine or blood in the urine



Fever



Pain in the lower back if kidneys are involved

Risk factors



Incomplete bladder emptying from narrowing of the urethra, an enlarged prostate or kidney stones.



Recent urology procedures.



In older men: dehydration, constipation and reduced mobility.

Treating a UTI

Drink plenty of water to flush out bacteria from the bladder/kidneys.



Use mild pain relief such as paracetamol if needed.



Urinary alkalinisers may help relieve stinging and are available from pharmacies without a prescription.



See your GP or healthcare practitioner to consider testing and antibiotics.



If you have high fevers, seek more urgent medical attention or call 13 Health (13 43 25 84) which is available 24 hours a day, 7 days a week for health advice.