

How to prevent UTI



Have a yarn, start a conversation: talk with your family or community about ways to stop UTIs.



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



Wipe from front to the back to stop germs entering the bladder.



After sex pass urine as soon as possible to flush out any bacteria.



See your GP if you have symptoms that suggest menopause or vaginal prolapse.

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 INFECTIONS

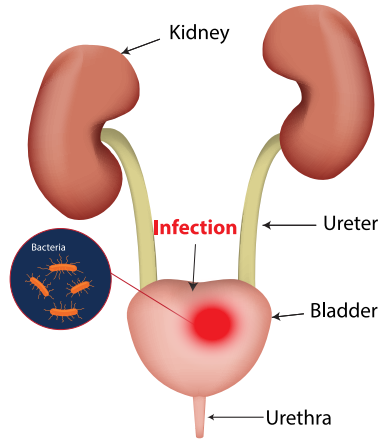
Women's Business

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



Pain in the lower back if kidneys are involved



Dark urine or blood in the urine



Fever

Risk factors



Anatomy: as the urethra is shorter in women which means germs have less distance to travel into the bladder.



Menopause: can cause changes to perineal tissues and increase local bacteria from reduced oestrogen.



Sexual activity: as bacteria can enter the urethra.



Vaginal prolapse: may present as a vaginal bulge caused by pressure on the vaginal muscles or walls, usually from childbirth.



In older women: 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.