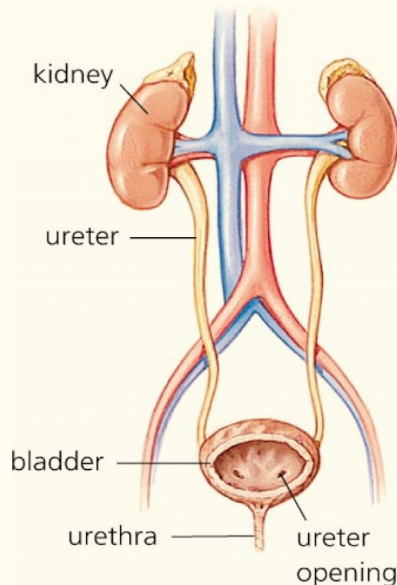


# Care of Patients with Urinary Tract Infection



# What is the Urinary System?

The urinary system comprises the kidneys, ureters, bladder and urethra. This system plays an important role in removing waste from your body. The kidneys are a pair of bean-shaped organs that lie in the middle of your back, just below the rib cage. One of their functions is to filter waste from your blood. Tubes called ureters carry these waste or urine from your kidneys to your bladder, where it is stored until it exits the body through the urethra.

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## What is Urinary Tract Infection?

Urinary Tract Infection (UTI) is an infection that can occur anywhere along the urinary tract. UTIs may be given different names, depending on which part of the tract is infected. Most UTIs are caused by bacteria such as *Escherichia coli* that live in the colon.

**Lower UTI** includes:

**1 Cystitis**

An infection of the bladder

**2 Urethritis**

Affects the urethra (the tube that empties urine from the bladder)

**Upper UTI** is a more serious condition called pyelonephritis, where the infection affects one or both of the kidneys.

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## What are the signs and symptoms of UTI?

- Frequent and urgent need to urinate
- Pain while urinating
- Burning sensation while urinating
- Pressure in the lower abdomen
- Pain in the lower or upper back
- Blood in urine
- Cloudy and foul-smelling urine
- Fever
- Chills and rigors
- Confusion in some elderly

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## Action Plan - Prevention of UTI

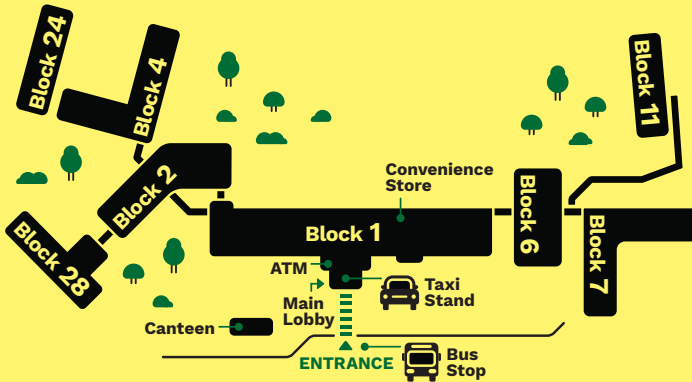
The green, yellow and red zones state the symptoms of UTI. Refer to the "Actions" column for the recommended actions that you need to take.

Zone	Actions
<p data-bbox="188 443 594 644"><b>Green means 'go'. You want to be in the green zone every day. You should have no serious health issues when you are in the green zone.</b></p> <ul data-bbox="188 679 577 1118" style="list-style-type: none"><li data-bbox="188 679 409 711">• Good appetite</li><li data-bbox="188 743 463 775">• Do not feel thirsty</li><li data-bbox="188 807 488 839">• Do not have dry lips</li><li data-bbox="188 871 577 903">• Urine is clear (light yellow)</li><li data-bbox="188 935 544 1054">• Do not feel pain or any burning sensation when urinating</li><li data-bbox="188 1086 454 1118">• Pass motion daily</li></ul>	<ul data-bbox="624 443 1028 1243" style="list-style-type: none"><li data-bbox="624 443 1014 475">• Take your daily medication</li><li data-bbox="624 507 969 627">• Drink enough water (1.2 litres per day) unless contraindicated</li><li data-bbox="624 659 1028 730">• Take at least one serving of fruits daily</li><li data-bbox="624 762 1014 882">• Wipe the genital area from the front to the back after bowel movement</li><li data-bbox="624 914 913 946">• Encourage mobility</li><li data-bbox="624 978 1028 1098">• Keep your blood sugar level under control if you have diabetes</li><li data-bbox="624 1129 992 1243">• Pass urine before and as soon as possible after sexual intercourse</li></ul>

Zone	Actions
<p><b>Yellow means ‘caution’.</b>  <b>You may have some health problems that keep you from your usual activities or disturb your sleep.</b></p> <ul style="list-style-type: none"> <li>• Feel thirsty</li> <li>• Have dry lips</li> <li>• Have slightly concentrated urine (tea-coloured)</li> <li>• Urine is slightly cloudy</li> <li>• Feel pain or a burning sensation when passing urine</li> <li>• Unable to urinate after four hours</li> <li>• Unable to pass motion after two days</li> </ul>	<ul style="list-style-type: none"> <li>• Increase water intake (up to 1.5 litres per day) unless contraindicated</li> <li>• Increase the intake of fruits and food with fibre</li> <li>• Take laxatives as prescribed by the doctor</li> <li>• Ensure that the genital area is thoroughly washed two times a day</li> <li>• Wipe the genital area from the front to the back after bowel movement</li> <li>• Urinate when there is a need to do so (do not resist the urge)</li> <li>• Offer 2- to 3-hourly toileting assistance for elderly with cognitive impairment</li> <li>• Seek medical care if symptoms do not improve</li> </ul>

Zone	Actions
<p><b>Red means ‘stop’. You are in the red zone of your health. Seek medical help immediately.</b></p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Nausea / vomiting</li> <li>• Frequent urge to urinate</li> <li>• Sensation of incomplete voiding</li> <li>• Urine is dark yellowish in colour</li> <li>• Urine is cloudy with sediments</li> <li>• Blood in the urine</li> <li>• Urine is foul-smelling</li> <li>• Back pain</li> <li>• Abdominal pain / discomfort</li> <li>• Unable to urinate after six hours</li> <li>• Unable to pass motion after three days</li> <li>• Increased confusion in some elderly</li> </ul>	<p>Seek medical care immediately</p>

# How to Get Around Alexandra Hospital



## Block 1

### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

### Level 2

- Clinic J, Integrated Care Clinic | Well Clinic
- Clinic K, Healthy Ageing Clinic | General Surgery Centre

### Level 3

- Ward 7

## Block 2

### Level 1

- Clinic D, Dental Centre
- Clinic E, Orthopaedic Centre | Anaesthesia Outpatient Consultation Clinic

### Level 3

- Day Surgery Operating Theatre (DSOT)

## Block 4

### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

### Level 2

- Wards 2 and 3

### Level 3

- Wards 4 and 5
- Intensive Care Unit 2 (ICU 2)

## Block 6

### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

### Level 3

- Major Operating Theatres 3 and 4 (MOT 3 & 4)
- Intensive Care Unit 1 (ICU 1)

## Block 7

### Level 1

- Wards 8 and 9

### Level 2

- Wards 10 and 11

### Level 3

- Wards 12 and 13

## Block 11

### Level 1

- Rehabilitation 2

## Block 24

### Level 1

- Active Health Lab

## Block 28

### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (June 2019) and subject to revision without prior notice.

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