



## **Accurate Clinic**

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### **Urinary Tract Infection (UTI)**

You have been diagnosed with a lower urinary tract infection (UTI), also called cystitis.

Cystitis is an infection in your bladder. It usually causes symptoms of burning with urination, frequent urination, and a feeling of having to urinate but not having a normal flow or a sense of urgency. The diagnosis is made based on your symptoms and a dip test of your urine sample.

Treatment of simple cystitis is usually with a short 3-5 day course of antibiotics and medicine to help with pain.

It is VERY IMPORTANT that you fill your prescription and take all of the antibiotics as directed. If a lower urinary tract infection goes untreated for too long, it can progress higher in the urinary system and become a kidney infection.

FOR WOMEN: Some things you can do to decrease your risk of getting a bladder infection (UTI) again:

Always urinate before and after sexual intercourse.

Always wipe from front to back after urinating or having a bowel movement.

Keep yourself well hydrated by drinking plenty of fluids. Certain juices, such as cranberry and blueberry, have been shown to help prevent bacteria from causing a bladder infection because of special chemical they contain that prevents bacteria from "sticking" to the bladder.

**YOU SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY, EITHER HERE OR AT THE NEAREST EMERGENCY DEPARTMENT, IF ANY OF THE FOLLOWING OCCURS:**

- Fever or shaking chills
- Nausea or vomiting
- Pain in your side or back
- Failure to improve after your antibiotics are finished
- Any new symptoms or concerns