



URINARY TRACT INFECTION (UTI)

Bladder Infection / Cystitis



1 CONDITION OVERVIEW

What It Is

A UTI is a bacterial infection that most commonly affects the bladder. It occurs when bacteria enter the urinary tract and multiply.

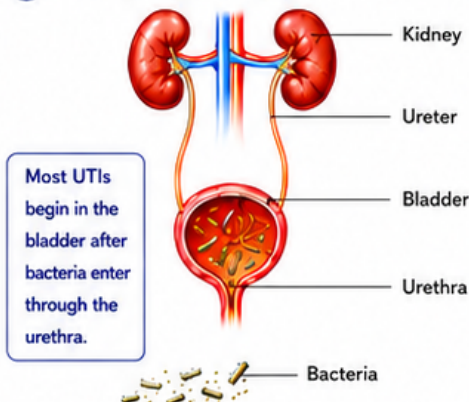
Why It Happens

Bacteria enter through the urethra and travel to the bladder. Certain factors can make infections more likely to develop.

Why It Matters

UTIs cause discomfort and can disrupt daily activities. Early treatment usually leads to quick improvement and can help prevent complications.

2 CENTRAL ILLUSTRATION



3 WHAT'S HAPPENING IN THE BODY

- Bacteria enter the urinary tract through the urethra.
- Bacteria multiply inside the bladder.
- The bladder lining becomes irritated and inflamed.
- This causes burning, urgency, and frequent urination.
- Untreated infections can sometimes spread toward the kidneys.



4 COMMON CAUSES / RISK FACTORS

- Female anatomy
- Previous UTIs
- Sexual activity
- Pregnancy
- Menopause-related changes
- Spermicide or diaphragm use
- Kidney stones
- Enlarged prostate or urinary retention
- Trouble fully emptying the bladder
- Catheter use
- Diabetes or weakened immune system
- Structural urinary tract problems

5 SIGNS & SYMPTOMS

UTIs commonly cause painful urination, urgency, and frequent trips to the bathroom.

TYPICAL SYMPTOMS

- Burning with urination
- Frequent urination
- Urgent need to urinate
- Passing small amounts of urine
- Lower abdominal discomfort
- Cloudy urine
- Blood in the urine



LESS COMMON / MORE CONCERNING

- Fever
- Back or side pain
- Chills
- Nausea or vomiting
- Fatigue
- Confusion (especially in older adults)



6 WHAT TO EXPECT AT URGENT CARE



Review of symptoms and medical history



Physical assessment when needed



Urinalysis testing



Urine culture when appropriate



Diagnosis and treatment recommendations



Follow-up instructions if symptoms persist

7 WHEN TO SEEK CARE

A. WHAT YOU CAN DO AT HOME

- Drink plenty of fluids
- Rest as needed
- Urinate regularly
- Avoid heavy caffeine or other bladder irritants
- Use a warm compress for comfort
- Monitor symptoms closely
- Follow treatment instructions if prescribed



Home care can support recovery from mild symptoms. If symptoms persist or worsen, seek medical evaluation.

B. WHEN TO GO TO URGENT CARE

GO IF YOU HAVE:

- Burning with urination
- Frequent urination
- Urinary urgency
- Blood in the urine
- Symptoms lasting more than a day or two
- Recurrent UTI symptoms



Urgent care can treat many UTIs effectively. When in doubt, seek care—early evaluation can prevent complications.

WHAT TO EXPECT:

- Evaluation and testing
- Causes addressed
- Treatment plan
- Follow-up guidance

C. WHEN TO GO TO THE ER



- ⚠ High fever
- ⚠ Severe back or flank pain
- ⚠ Repeated vomiting
- ⚠ Confusion or severe weakness
- ⚠ Signs of dehydration
- ⚠ Fever in an infant younger than 3 months



These may be signs of a more serious infection requiring emergency care. Do not delay.

8 EXPECTED COURSE / TIMELINE

Day 1-3	→	Day 3-7	→	Week 1-2	→	Beyond 2 Weeks
Symptoms begin with burning, urination increased		Burning and urinary urgency commonly decrease		Most symptoms usually resolve fully		Persistent symptoms may need re-evaluation.

Interpretation: Symptoms that worsen, return, or do not improve should be re-evaluated.

9 EASY TO CONFUSE WITH

- Kidney stones
- Vaginitis / yeast infection
- STIs (may cause similar symptoms)
- Prostate problems (in males)
- Bladder irritation or dehydration

10 QUICK FACTS

- Most UTIs are caused by bacteria.
- The bladder is the most common site.
- Kidney infections are less common but more serious.
- Not all urinary symptoms are caused by UTI.
- Recurrent UTIs deserve medical review.

11 PREVENTION & PRACTICAL TIPS

- Stay well hydrated
- Do not hold urine for long periods
- Urinate after sexual activity
- Wipe front to back
- Avoid irritating sprays or douching
- Follow catheter-care instructions carefully if prescribed

12 WARNING SIGNS RECAP

- Fever with urinary symptoms
- Back or side pain
- Vomiting or dehydration
- Confusion or unusual weakness
- Rapidly worsening symptoms
- Pregnancy with fever or feeling very ill

