

Patient Education

Urinary Tract Infection (UTI)

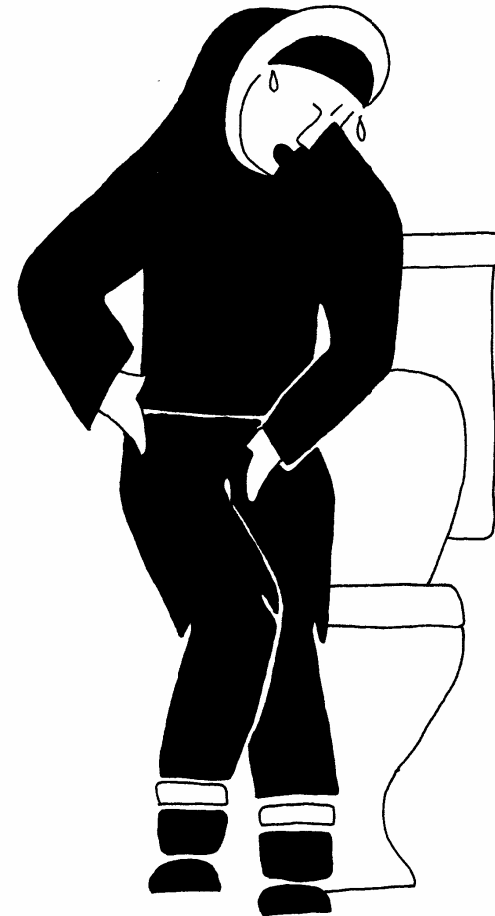
How to avoid getting a UTI:

- Control your blood sugars
- Drink 8 glasses of water every day
- If you get the urge to urinate — Go!
Don't hold your urine too long.
- After you urinate, wipe yourself
from front to back
- If possible, urinate immediately
after having sex.
- Wear cotton underwear
- Finish all your medication that was
given to treat the UTI.

Diabetes Program

(907) 729-1125 office

(907) 729-1500 appointments



Urinary tract infections (UTI) are caused by germs that travel to the bladder and cause an infection to develop.

People with diabetes have a greater chance of getting urinary tract infections.

Urinary tract infections, if not treated, can lead to kidney infections. Kidney infections can cause damage to your kidneys.

Some symptoms of a UTI are:

- **Pain and burning when you urinate (pee)**
- **Pressure feeling across the lower abdomen or pelvic area**
- **Urinating more than usual and in small amounts**
- **Urine that is dark in color or cloudy looking**
- **Blood in urine**
- **Low back pain**
- **Fever and chills**

Some people may have no symptoms at all. If your blood sugar goes up and you don't know why, maybe you have a urine infection.

If you think you have a urine infection:

- **Go to the clinic right away. These symptoms will not go away without treatment.**
- **Your health care provider will get a urine sample from you and the sample will be tested.**
- **You will be given medication to treat the infection. You must finish taking the medicine even if you feel better. If you stop the medicine too soon, the infection may come back.**