

**UNIVERSITY OF HOUSTON HEALTH CENTER**

**-HEALTHBERRY-**

[www.uh.edu/admin/hc](http://www.uh.edu/admin/hc)

**Urinary Tract Infections**

Urinary Tract Infections (UTIs) are common in women, especially in sexually active women. Symptoms include painful urination, feeling the urge to urinate more frequently even immediately after emptying the bladder, and changes in appearance of the urine including blood in the urine. Fever, nausea with vomiting, or abdominal pain may indicate more serious illness or even a kidney infection. Back pain alone rarely indicates UTI.

You can decrease the likelihood of getting a UTI by drinking enough fluids so that your urine is pale yellow, urinating as soon as you feel the urge (don't hold your urine for long periods), maintaining good personal hygiene, and urinating after sexual intercourse.

Many people drink cranberry juice to treat their UTIs. Recent studies show that drinking cranberry juice daily may help prevent UTIs but this will not usually cure an established infection.

Urinary tract infections need to be treated with antibiotics and increased fluid intake. Your doctor can diagnose an infection based on your symptoms and laboratory tests.

We at the Health Center will be happy to help you.



**Healthfully yours,**

**Dr. Healthberry**

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For questions or comments you can;

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