

## What is a UTI?

A Urinary Tract Infection (UTI) is a bacterial infection that can occur anywhere along your urinary tract.

## What are the symptoms?

- Burning and/ or pain when you urinate
- Very strong feelings of needing to urinate
- Frequent bathroom visits
- Foul smelling urine
- Bloody and/ or cloudy urine
- Lower back and/ or abdominal pain

## What is an asymptomatic UTI?

Screening is done by midstream urine catch. This means we ask you to clean the opening of your urethra (where you urinate from) with a wipe we provide, urinate a little into the toilet and then urinate directly into the container we provide. Once this is done we will send your urine to the lab to check for the presence of bacteria.

## How do you treat a UTI?

Antibiotics are used to treat UTI and are safe during pregnancy. Treatment is usually for 7-10 days, and if you do have symptoms they should go away within the first 24 hours. It is important that you finish the antibiotics even if you feel better.

## Is there follow up?

Once you have finished your antibiotic treatment we will collect another midstream urine from you to make sure that the bacteria is no longer present.

## How do I prevent a UTI?

- Wiping front to back when using the washroom
- Wash your private parts before intercourse (both you and your partner)
- Urinate as soon as possible after intercourse
- Completely emptying your bladder when you urinate
- DO NOT hold your urine, use the washroom as soon as you need to
- Drink lots of water, 8-10 glasses/ day