

# Preventing Urinary Tract Infections

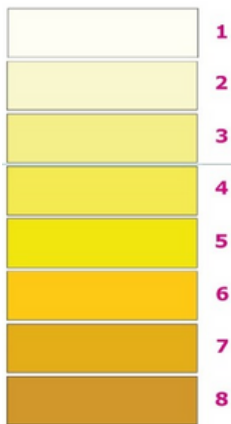
## Suspecting a Urinary Tract Infection (UTI)

*If you are concerned that yourself or someone you are caring for has symptoms suggestive of a UTI i.e. burning or pain when passing urine, pain in the back or ribs, frequency, blood in urine, shivering/chill or increased confusion, please ensure they seek medical attention*

### Advice to help prevent a UTI

- ✓ Wipe from front to back when you go to the toilet
- ✓ Maintain personal hygiene
- ✓ Avoid scented soap, bubble baths, talc
- ✓ Pass urine (wee) when you need to go (don't hold it too long)
- ✓ Ensure underwear is clean and changed daily
- ✓ Wash genitals with water before and after sex
- ✓ Pass urine after sex

# TOP TIPS



**Healthy Wee is 1 to 3,**

**4 to 8 you must hydrate!**

### HYDRATION IS SO IMPORTANT

People should aim to drink 8 cups per day of any fluid (except alcohol), unless they are on a fluid restricted diet

Foods such as soup, melon, oranges, ice cream and yoghurts are also good ways to increase fluid intake

Download the *Preventing Dehydration Leaflet* from the [Infection Prevention and Control Digital Hub](#) to find out more

Urine samples should be collected in a red top container and clearly labelled. If a catheter specimen of urine has been collected, this should be clearly written on the sample bottle.



Urine dip sticking **should not be done** to diagnose a UTI for people **over the age of 65**.

**DONT DIP TO DIAGNOSE UTI IN OVER 65'S**



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