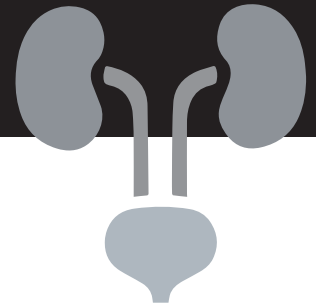




How to avoid Urinary Tract Infections (UTIs)

Information for older adults



What is a UTI?

Urinary tract infections (UTIs) affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital.

Here are some things you can do to prevent UTIs

Stay hydrated

Drink enough fluids regularly, like water or squash, to boost hydration. More trips to the toilet may be necessary, but don't reduce your intake.



Don't hold it

Avoid holding your pee and visit the toilet as soon as possible when you need to go.



Prioritise personal hygiene

Wash or shower daily, especially if you suffer from incontinence.



Keep the genital area clean and dry with these tips:

Wipe from front to back after using the toilet

to prevent bacteria from spreading.



Avoid using scented soaps, gels or sprays

as they may cause irritation.



Change incontinence pads frequently

Don't wait if they're soiled.



Before and after sex:

Keep the skin clean around your genitals

by washing with water before and after sexual activity.



Go for a pee

as soon as possible after sex.



If you think you or someone you care for might have a UTI:

Ensure you are drinking enough fluids regularly to avoid becoming dehydrated.

Contact a healthcare professional: this could be your **GP, nurse, the community pharmacist, a walk-in centre** or the **NHS 111 service**.