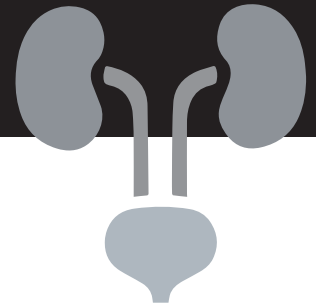




Urinary Tract Infections (UTIs): know the symptoms

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 symptoms you may experience with a UTI:

• **Needing to pee more frequently,** suddenly, or more urgently than usual.

• **Pain or a burning sensation** when peeing.

• **Needing to pee at night** more often than usual.

• **New pain** in the lower tummy.

• **New incontinence or wetting yourself** that is worse than usual.

• **Kidney pain** or pain in the lower back.



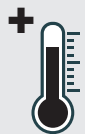
• **Blood** in the pee.



• **Changes in behaviour,** such as acting agitated or confused (delirium). This could be a symptom of a UTI but could also be due to other causes, which need to be ruled out.



• **General signs of infection,** like a fever, a high temperature or feeling hot and shivery, with shaking (rigors) or chills.



• **A very low temperature** below 36°C.



You may experience fewer of these symptoms if you have a urinary catheter.

What should you do if you think you 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**.