



## 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**

**If you have frequent UTIs**, please talk to a healthcare professional about treatment options