

Urinary Tract Infections (UTIs): know the symptoms

Information for older adults

What is a UTI?

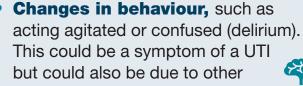


Urinary tract infections (UTIs) affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital

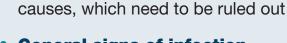
Here are some symptoms you may experience with a UTI

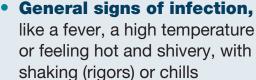
- Needing to pee more frequently, suddenly, or more urgently than usual
- Pain or a burning sensation when peeing
- Needing to pee at night more often than usual
- **New pain** in the lower tummy
- New incontinence or wetting yourself that is worse than usual
- Kidney pain or pain in the lower back





Blood in the pee







 A very low temperature below 36°C



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

What you should 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

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