



## 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 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