

# Urine infections

## Children's Ward

### Patient Information Leaflet

#### Introduction

This leaflet is for people who have a urine infection. It tells you about:

- What urine infections are
- Symptoms
- Treatment
- How you can help yourself
- What happens next

## What is a urine infection?

- A urine infection is often called a urinary tract infection by doctors.
- It is caused by bacteria (bugs) that get into the urethra or bladder. The urethra is the tube leading from the bladder to the outside of the body. The bladder holds urine passed from the kidneys and stores it until you wee.
- Most infections are caused by the normal bacteria that live in the intestines.
- Some bacteria will lie around the anus (back passage) and can sometimes travel to the urethra and into the bladder.
- Some bacteria like being in urine and reproduce quickly to cause an infection.
- Urine infections are caused by bacteria called Escherichia Coli (E.coli) in 60 to 80 per cent of cases.
- The infection is usually just in the bladder. This is often called cystitis. However, it may travel higher up to also affect the kidneys.

## How do doctors know I have a urine infection?

A nurse will ask you to collect some of your urine (wee) into a pot. A nurse will usually test the urine using a 'dipstick'. This will tell them whether an infection is in the urine. However, they will send it to the laboratory (lab) to confirm this.

The lab test will also give information on which bacteria are causing the infection. The doctor can use this information to give you the right treatment. The results from the laboratory can take up to 48 hours (about two days) to come back.

## What symptoms does a urine infection cause?

You may have any of the following symptoms if you have a urine infection:

- high temperature (fever)
- lack of energy
- being sick
- tummy ache
- back pain
- smelly and/or cloudy urine
- blood in the urine
- shakes and shivers

## What treatment will I need?

You will need to have antibiotic medicine to kill the bacteria. You may need to take these by mouth (liquid or tablets); or you may need to have the medicine through a cannula into your bloodstream for a day or two. A cannula is a thin, plastic tube (please see figure 1).

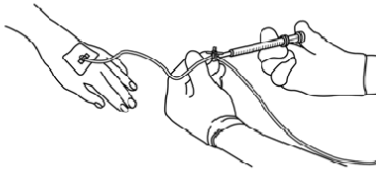


Figure 1 shows a cannula

You will usually need to have antibiotics for seven to 10 days. It is very important that you finish the course otherwise the infection may come back.

We will give you medicine to control a high temperature – either paracetamol or ibuprofen. It is also important for you to have plenty of drinks when you have an infection.

## How can I help myself?

- When you go to the toilet, wipe from the front to the back as this helps to stop bacteria from getting into your urethra.
- Make sure you wear underwear made of cotton.
- Do not use bubble bath or perfumed soap.
- Have plenty of drinks.
- Avoid constipation by:
  - Eating fruit and vegetables, wholemeal bread or chapattis, wholegrain breakfast cereals, baked beans, frozen peas and sweetcorn.
  - Although you need to drink plenty, do not drink too much milk or squash as these can cause constipation.
  - Lots of exercise also helps.

Constipation is when you pass hard stools (poo) less frequently than you would normally.

## What do I need to look out for?

**You must contact your family doctor or the Children's Ward at Russells Hall Hospital, if you have any of the following:**

- A high temperature even after taking paracetamol and ibuprofen.
- You have not had a wee for 12 hours or more.

You can contact the Children's Ward on **01384 244271**.

## What happens next?

You may need further tests such as an ultrasound scan or DMSA scan. A DMSA scan is where you are injected with a slightly radioactive substance called DMSA. This shows up on a special device called a gamma camera. The camera takes pictures of your kidneys.

After the scan, the DMSA will pass harmlessly out of your body in your urine. Your hospital doctor will explain these tests to you if you need to have them.

## Can I find out more?

The NHS Choices website has more information on urine infections:

<http://www.nhs.uk/Conditions/Urinary-tract-infection-children/Pages/Introduction.aspx>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/c2-childrens-ward/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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