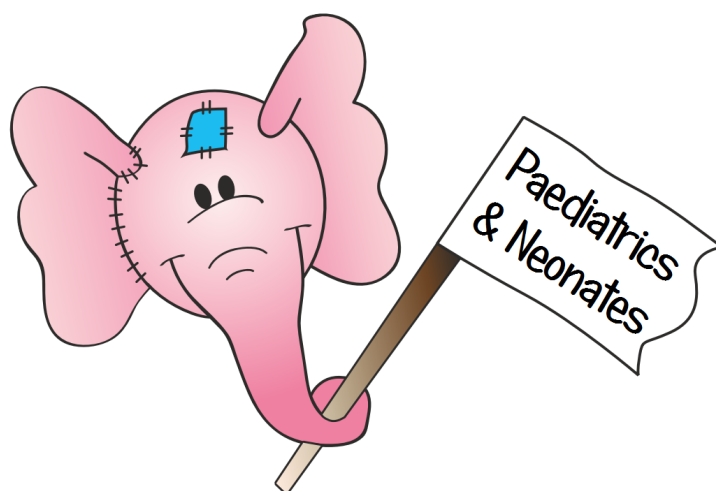


# Urine infections – advice for parents and carers

## Children's Ward

## Parent/Carer Information Leaflet



### Introduction

This leaflet is for patients and carers of children with a urine infection. It tells you about:

- Urine infections
- Symptoms
- Treatment
- How you can help your child
- What happens next

## What is a urine infection?

- A urine infection is often called a urinary tract infection (UTI) by doctors.
- It is caused by bacteria (bugs) that get into the bladder or urethra (tube leading from the bladder to the outside of the body).
- Most infections are caused by the normal bacteria that live in the bowel.
- Some bacteria will lie around the anus (back passage) and can sometimes travel to the urethra and into the bladder.
- Some bacteria thrive in urine and multiply quickly to cause infection.
- Urinary tract infections are caused by Escherichia coli (E.coli) bacteria in 60 to 80 per cent of cases (six to eight people out of every 10).
- The infection is commonly just in the bladder (cystitis) but may travel higher up to also affect the kidneys.

## How is a urine infection diagnosed?

A urine infection is diagnosed by collecting a sample of your child's urine and sending it to the laboratory (lab) to be tested. The sample is collected using a urine bag or your child passes urine directly into a sterile pot.

A nurse will test the urine using a 'dipstick' which may indicate an infection is present but it will be sent to the laboratory to confirm it. This test will also give information on which bacteria are causing it to ensure the correct antibiotics are prescribed. The first results from the laboratory can take up to 48 to 72 hours to come back. The final result may not be available up to five days.

## What symptoms will my child have?

They may have any of these symptoms:

- Frequency – need to use the toilet frequently
- Urgency – not being able to hold urine when the urge to pass it is felt
- Pain or discomfort while passing urine; babies may cry as if in pain
- High temperature
- They are irritable
- Lack of energy
- Vomiting (being sick)
- Poor feeding (babies)
- Abdominal pain (tummy ache)
- Back pain

- Pain around the area of their pelvis
- Smelly and/or cloudy urine
- Blood in the urine
- Fits
- Shakes and shivers

## What treatment will my child be given?

Antibiotics will be prescribed. These are generally given by mouth.

Sometimes these are given intravenously (through a cannula/drip into their bloodstream) for a day or two if your child is not able to take medicine or is being sick. Your child will usually be prescribed the antibiotics for seven to 10 days and it is very important they complete the course otherwise the infection may come back.

It is very important for your child to drink plenty during an infection. We will give your child medicine to control a high temperature – either paracetamol or ibuprofen. Ibuprofen should be used with caution if your child is not drinking very much.

**You must contact your GP or the Children's Ward at Russells Hall Hospital if your child has any of the following symptoms:**

- Temperature is not controlled by paracetamol and ibuprofen.
- Refusing drinks.
- Not passed urine for 12 hours or more.
- More irritable and drowsy.

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

## How can I help my child?

- Change nappies immediately after soiling, wiping from the front to back especially with baby girls.
- Make sure your child wears cotton underwear.
- Avoid bubble baths and perfumed soap.
- Encourage them to drink plenty.
- Help them to avoid constipation by making sure that your child eats plenty of fibre:

- Fruit and vegetables, wholemeal bread or chapattis, wholegrain breakfast cereals, baked beans, frozen peas and sweetcorn are all good sources of fibre and are often popular with children.
- Although they need to drink plenty, avoid giving your child too much milk or squash as these can cause constipation.
- Lots of exercise also helps.

## What happens next?

In line with the national guidelines (NICE), your child may need further tests or investigations as an outpatient. These may include an ultrasound scan or DMSA scan which is a scan that uses a radioactive chemical to create specialised pictures of the kidneys. Your consultant will explain these to you.

## Can I find out more?

The NHS Choices website has more information on urine infections:

[Urinary tract infections](#)

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/paediatrics-and-neonatology/>

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

**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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