

Preventing and treating urinary tract infections

Urinary tract infections (UTIs) happen when bad bacteria get into your bladder. Anyone can get a UTI, but women and older adults are more likely to be affected. UTIs can be painful and frustrating, but with early treatment from your doctor, you can prevent them from becoming emergencies.



Early treatment can help avoid a costly emergency room (ER) visit

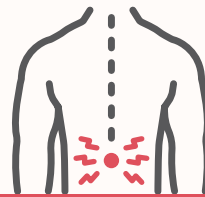
- Talk to your health care provider (in-person or virtually, if available)
- Go to urgent care
- Visit a retail clinic (like CVS, Walgreens)



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UTI facts

- ✓ They are preventable
- ✓ They are treatable
- ✓ They rarely require an ER visit



Know the symptoms


- A pain or burning feeling when urinating
- Cloudy, bloody, or strong-smelling urine
- Fatigue and/or nausea
- Frequent urge to urinate, even if little comes out
- Pain in lower back or abdomen
- Pelvic pain



Prevent the bladder blues

- Drink plenty of water
- Go to the bathroom frequently
- Practice proper bathroom cleanliness and hygiene
- Avoid wearing tight clothes for too long (like bathing suits or workout clothes)

If you have a fever with any of these symptoms, contact your health care provider immediately — it may indicate the infection has spread.




The bottom line: Don't tough out a UTI. Prevent serious complications, like kidney damage or sepsis, and the expense of the ER by getting early treatment.