

# Urinary Tract Infection



Because the bladder no longer works the way it did before the brain injury, it is possible to have problems with bladder infections. Bladder infections are also called urinary tract infections (UTI). This lesson will talk about causes, symptoms, treatments and prevention of UTI.

## What causes a UTI?

- Not doing the toileting program or intermittent catheters (ICs) on time or correctly
- Not emptying the bladder properly (during toileting program or ICs)
- Not drinking enough water
- Dirty supplies or hands
- Germs entering the bladder

## How do you know if you have a UTI?

- Cloudy, foul smelling urine -Fever greater than 100 degrees
- Blood in urine
- Burning pain when you urinate -Feeling like you have to urinate all the time
- Leaking urine between ICs or toileting program

## What should be done if a UTI is present?

- Call your doctor to get your urine tested:
  - If the doctor asks you to collect urine at home and bring it in for testing, make sure the urine is stored in a clean container in the refrigerator.
  - Properly label the container with your name, date and label "urine sample."
  - The urine sample must be collected using the "clean technique."
  - The doctor may also ask you to come in to the office to do a special urine test that must be collected using the "sterile technique."
- Drink 6-8 glasses of cranberry juice or water a day (one glass equals 8 ounces).
- Do not drink sodas or other carbonated drinks.
- Avoid caffeinated drinks.
- Keep bladder program as regular as possible.
- Take all medicine ordered by your doctor, even if you feel better.

## How can UTIs be prevented?

- Do toileting program or IC on time and take enough time to completely empty the bladder.
- Keep catheter, supplies and leg bag clean.
- Wash hands before emptying the bladder.
- Drink 6-8 glasses of water per day.
- Eat a healthy diet.