Urinary Tract Infection Prevention and Treatment (OLD VERSION)

Urinary tract infection is inflammation of the bladder caused from an infection, obstruction, or other irritants in the urethra. A common ways to acquire a UTI is from not taking a shower after having sex, a good way to prevent this is to take a shower after sex. Wiping front to back decreases the risk for “bad” bacteria to enter the vagina. It is important for the nurse to measure the patient’s intake and output to ensure they are drinking and excreting enough fluids. The patient should also be encouraged to drink cranberry juice, which acidifies the urine, and to drink plenty of fluids to flush the bacteria out of the patient’s urinary tract. Encourage the patient to void every 2-4 hours to help flush the bacteria out of the patient’s urinary tract. It is important the patient avoids caffeine because it stimulates bladder contractions, which can cause increased pain and discomfort for the patient. Once the patient begins taking antibiotics it is important they see their doctor for a follow up appointment in two weeks to ensure the infections is subsiding.



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Shower after sex
Shower with Sex-Symbols
It is important to educate a female patient to shower after sex.

Wipe front to Back
Toilet Paper Rolling Front to Back
It is important to educate female patients to wipe front to back when using the restroom.

Urinate after Sex
Yellow-Toilet with Sex-Symbols
It is important to educate a female patient to urinate after having sex to prevent urinary tract infections.

I and O and Daily Weights
I & O Scale
Monitor the patient's intake and output while in the hospital.

Drink Cranberry Juice and Water
Cranberry Juice and Water being offered
Encourage the patient to significantly increase their fluid intake (water) to 3L/day. Drinking cranberry juice can be beneficial as well because of it being acidic.

Antibiotics
ABX-guy
Antibiotics are used to treat urinary tract infections. It is important to teach your patient to finish all of their prescribed antibiotics, even if they are feeling that the signs and symptoms have gone away.

Avoid Caffeine
Soda and Coffee knocked away
Discourage the patient from drinking caffeinated beverages, such as soda or coffee.

Dr Appointment in 2 weeks
(2) Tutu Calendar with Dr. Appt. in 2 weeks
It is important the patient completes their prescription of antibiotics and follows up with an appointment with their doctor to ensure the infection is gone.

Void every 2 - 4 hours
(2) Tutu and (4) Fork Hourglass on bathroom door
Encourage the patient to void frequently, such as every 2-4 hours.

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