

# Supporters Guide to Recognizing Signs and Symptoms of a Urinary Tract Infection (UTI)



# Some Facts About a UTI

- A UTI is an infection that happens when germs (bacteria) get into the urinary tract.
- Women get more UTIs than men.
- Men and women get more UTIs after age 50.

# More Facts about a UTI

People have a higher chance of getting a UTI if they:

- Have diabetes or kidney problems.
- Cannot go to the bathroom without support.
- Have bowel or bladder problems.

# More Facts about a UTI

People have a higher chance of getting a UTI if they:

- Take medication for mental health problems.
- Have seizure activity.
- Are younger women who have had recent sexual activity.

# Call the Doctor and Make an Appointment

If the person you support has any of the following signs or symptoms of a UTI.



# Call the Doctor if the Person

## Person

Has a burning feeling when going to the bathroom.



# Call the Doctor if the Person

## Person

Feels like they have to pee, even when finished urinating.



# Call the Doctor if the Person

Is sleeping a lot, is very tired, and has no energy.





# Call the Doctor if the Person

Has cloudy, dark,  
bloody, or foul-  
smelling urine  
(pee).



# Call the Doctor if the Person

## Person

Has a pain in the lower stomach or genital area.



# Call the Doctor if the Person

## Person

Has pain in the back or side below the ribs.



# Call the Doctor if the Person

Has a fever or  
chills.



# Call the Doctor if the Person

Is throwing up.



# If the Doctor Says the Person Has a UTI

Support the person to follow the doctor's orders.



# Make Sure the Person You Support

## Support

Takes  
antibiotics as  
directed.



# Make Sure the Person You Support

## Support

Gets plenty of rest.





# Make Sure the Person You Support

## Support

Drinks lots of water and other fluids (eight or more 8 ounce glasses a day).



# Make Sure the Person You Support

## Support

Pees  
(urinates)  
often.



# Remember

The earlier a UTI is recognized, the faster the person will get better.



# For More Information

Fact Sheets and Checklists on  
**Recognizing Signs and  
Symptoms and Preventing a  
UTI** Can Be Found on the  
SafetyNet

[www.ddssafety.net](http://www.ddssafety.net)