



planned
parenthood
TORONTO

**YOUR
HEALTH.
YOUR
CHOICE.**

Urinary Tract Infection

Talk to your partner(s) about sexually transmitted infections (STIs) and your health before you have sex. You can pass on an STI without knowing you have it. During sex, you can use latex condoms to lower your chances of getting STIs.

What is a urinary tract infection (UTI)?

A urinary tract infection (UTI) is a bacterial infection of the urinary tract system. It usually develops in the lower part of the urinary tract (bladder and urethra) and if not treated, can move to the upper urinary tract (ureters and kidneys).

How do you get a UTI?

An infection happens when bacteria from the bowels move to the urethra. From there the bacteria can move on to the bladder, causing a bladder infection. If the infection is not treated quickly, it can go up the ureters to infect the kidneys.

How can you tell if you have a UTI?

If you have a UTI infection, you might notice

Not everyone with a UTI has symptoms, but most people experience some of the following:

- * You urinate a lot but only a little bit each time.
- * It burns when you urinate.
- * You have to urinate suddenly.
- * There is blood in your urine.
- * Your urine is not clear.
- * Your urine smells bad.

If you notice any of these symptoms you should:

- * Go to see your health practitioner.
- * Drink lots of water and cranberry juice.
- * Avoid coffee, tea, pop, alcohol, and spicy foods.

How do you prevent a UTI?

- * Drink lots of water every day.
- * Don't resist the urge to urinate, do so when you feel the need.
- * Urinate before and after you have sex.
- * Wipe from the front to the back after going to the bathroom.
- * Avoid deodorant tampons or pads, or feminine hygiene sprays, which can irritate the urethra.
- * Do not douche.
- * Take showers instead of tub baths.

How do you get tested for a UTI?

To find out if you have a UTI, your health practitioner will ask you to give a midstream urine sample in a sterile container. This sample is tested for pus and bacteria.

How is a UTI treated?

A UTI is treated with antibiotics. It is important to finish taking all the antibiotics, even if you feel better. It is important to go see a doctor if you don't feel better after taking the antibiotics. Sometimes, the infection spreads to the kidneys. Go see a doctor right away if you have a fever, upset stomach, back pain, or if you throw up.

It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.

If you need further information or would like to book an appointment, call:

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit www.ppt.on.ca.

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at spiderbytes@hotmail.com from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at askus@spiderbytes.ca or visit www.spiderbytes.ca.