

I've got a UTI, I need ~~antibiotics~~ **self help!**

Don't become resistant

The unnecessary use of antibiotics will slow down resistance, which means antibiotics are less likely to work at times when you really need them. Not all infections need antibiotics, your body has its own defence mechanisms to help fight infections.

If you are experiencing the following symptoms you may have a urinary tract infection (UTI);

- increased frequency and / or a burning sensation when passing urine
- the need to pass urine immediately
- you notice blood in your urine
- you have to get up and pass urine during the night
- you experience pain in your lower tummy area
- you should consider your sexual history too, as some sexually transmitted infections can have similar symptoms to UTIs.

Think **self help** and do the following:

- Drink plenty of fluids, aim for 8 glasses of water, sugar-free or decaffeinated drinks
- Take paracetamol or ibuprofen regularly to relieve the pain
- Try cranberry capsules or cystitis treatments
- Stop the spread – wipe front to back when you go to the toilet
- Don't wait to pass urine
- Pass urine after sex, this helps flush out any bacteria

The time it takes for an infection to get better varies, but here's a guide:

Mild symptoms (maybe one or two) and /or vaginal discharge 5 – 7 days

You should get help if you are concerned or develop any of the following symptoms:

- You have severe (three or more) symptoms and no discharge
- Your symptoms get worse
- You have kidney pain (in your back just under the ribs)
- You start vomiting
- You have a high temperature (38°C) or your temperature drops below 36°C
- You are unable to pass urine
- You are confused and drowsy
- You notice blood in your urine
- You are shivering, have chills and muscle pain.

Call your practice or dial 111 for advice

Remember, your pharmacist can help in assessing your symptoms.