

Urinary Tract Infection (UTI)

A "UTI" is an infection that can affect the urethra (tube to the bladder), the bladder itself, or the kidneys. An infection is usually caused by bacteria from the rectum or vagina.

What causes a "UTI"?

- UTIs are more commonly found in women than in men and are often caused by having sex, especially with a new partner.
- Infections such as trichomonas, herpes, chlamydia, and gonorrhea can also cause symptoms of a UTI.

What are the symptoms of a UTI?

- Pain with urination, or pain over the bladder (lower abdomen).
- Frequency of urination
- Urgency (need to urinate right away)
- Blood in the urine

How do you tell what kind of infection it is?

- Your clinician may perform an exam to look at your vagina, cervix (opening to the uterus), ovaries, tubes, and bladder to check for signs of infection.
- The vaginal discharge may be looked at under the microscope.
- If your tests show trichomonas, gonorrhea, or chlamydia, your recent sex partners will need an exam and treatment for those infections.
- Your urine is checked for infection (pus or bacteria).
- If untreated, UTIs may spread to the kidneys and be a more serious infection.

What is the treatment?

- Antibiotic medicine. It's important to take all of the medication as your symptoms will go away within 1-2 days. If your symptoms get better but do not go completely away you may need a different antibiotic.
- Avoid sex in the vagina for 1 week after you start your medicine.

How can I avoid getting UTI's?

- Drink 8-10 glasses of water daily.
- Wipe from front to back when using the toilet to avoid introducing rectal bacteria into the vagina .

- Drink a glass of water before sex and urinate right after sex to wash bacteria out of the urethra.
- Use water based lubricant with vaginal sex, especially if you are using condoms. Make sure you are well lubricated before sex.
- If you have had frequent infections (more than 5) you may be referred for evaluation by a urologist (specialist).

For more information about STD's, consult these websites:

<http://www.noah-health.org/>

<http://www.ashastd.org/>

<http://www.cdc.gov/std/>

<http://www.dph.sf.ca.us/sfcityclinic/>

<http://www.sfsi.org/>

Women's health Resources:

<http://www.ppgg.org/>

<http://endabuse.org/>

<http://www.4woman.gov/>

Teen health Resources:

<http://www.iwannaknow.org>

<http://kidshealth.org/teen/>

<http://www.teenhealthfx.com/>



For a STD check-up or treatment,
see your doctor, local clinic, or come to:

City Clinic
356 Seventh Street
(between Folsom and Harrison)
San Francisco, CA 94103
(415)487-5500

<http://www.dph.sf.ca.us/sfcityclinic/>