

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 similar to 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 if it hurts.

How can I avoid getting UTIs?

- Drink 8-10 glasses of water daily.
- Wipe from front to back when using the toilet to avoid introducing rectal bacteria into the vagina.
- Don’t wait if you need to urinate.
- 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 an urologist (specialist).

For more information:

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

General STD

www.ashsexualhealth.org (also in Espanol)
www.cdc.gov/std/
www.sfcityclinic.org
www.sfsi.org/

Contraception and STD/sex info

www.bedsider.org

Teens

www.iwannaknow.org
www.amplifyyourvoice.org (also in Espanol)
www.kidshealth.org/teen (also in Espanol)
www.scarleteen.com

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



A landmark in prevention

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