



UTI – Urinary Tract Infections

Patient information Leaflet

January 2020

Introduction

This leaflet aims to help you understand what a urinary tract infection is and any investigations/treatment that will benefit your child.

What is it?

Urinary tract infection refers to a bacterial infection within the urinary system.

Signs and symptoms

(non specific symptoms)

- Vomiting
- Poor feeding
- Irritability
- Lethargy (tiredness)
- Fever
- Tummy ache
- Poor weight gain

(more specific symptoms)

- Increased frequency of passing urine
- Wetting (enuresis)
- Foul smelling urine
- Haematuria (blood in urine)
- Pain on passing urine

How urine infections are diagnosed

From a urine sample:

- Clean catch urine – holding your child over a sterile pot until he/she passes urine. Older children can pass urine into a sterile pot.
- Suprapubic aspiration – insertion of a needle through the skin surface directly above the bladder and drawn up into a syringe (only used rarely in young babies)
- Catherterisation – Insertion of a thin tube into the opening through which your child passes urine. Urine is collected via this tube from the bladder.

These samples are all tested on the ward. If any signs of infection are shown on ward testing the urine sample is sent to the labs. This test takes 48 hours to come back.

Treatment once infection has been confirmed

- Rest
- Paracetamol and ibuprofen for pain relief and temperatures
- Give lots of drinks to dilute your child's urine and prevent dehydration.
- Oral or intravenous antibiotics to fight infection. It is very important to take the prescribed medication as directed by the doctor.

Discharge

- Your child will be discharged when he/she is drinking fluids and your child feels better

Complications

- Clean catch urine's are not always very accurate and may need repeating.

- Suprapubic aspiration and catheterisation are painful procedures
- Urine collection can take a long time and requires patience.
- Your child may need intravenous fluids (a drip) to prevent dehydration
- Children with confirmed urine infections sometimes have to have further investigations to check how well their kidneys are working. This may be an ultra sound scan.
- If your child need follow up this will be arranged as an outpatient's appointment.

Useful Contact Numbers:

- Contact your GP for advice.
- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言 翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لینگوئج، انٹرپریٹیشن اینڈ پیسینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 01619226991 پر فون کر کے اس کا بندوبست کریں۔

References:

NICE (2018) Urinary Tract Infections in under 16 years.

Author:
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