



Urinary tract infections

Easy Read fact sheet

About this fact sheet



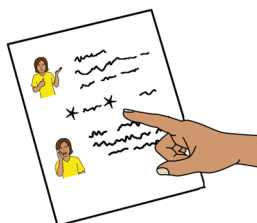
This fact sheet is from
Jean Hailes for Women's Health.



You can read more information about this topic on
the [Jean Hailes bladder web page](#).



This fact sheet is written in a way that is easy
to understand.



We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and
understand this fact sheet.

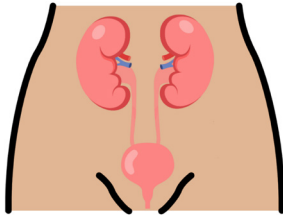


Contact information is at the end of this
fact sheet.



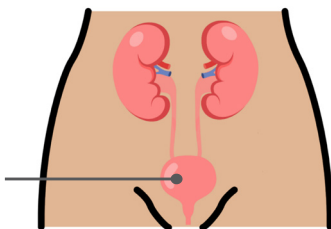
What are ***urinary tract infections***?

Urinary tract infections are also called UTIs.

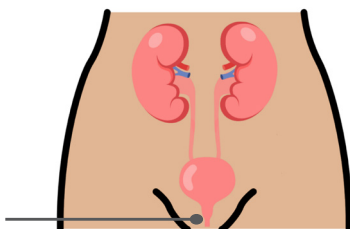


UTIs can affect your

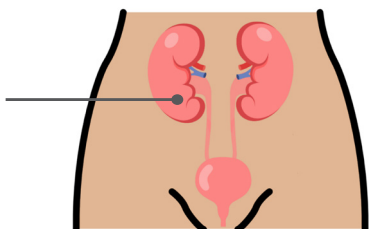
- ***bladder***
- ***urethra***
- ***kidneys***.



The bladder is an organ in your body that stores your wee.



The urethra is a tube that carries wee out of your body.



The kidneys are organs in your body that clean your blood.

UTI *symptoms*



Symptoms are things you notice when you have a health problem.

If you have a UTI you might

- have a burning feeling when you wee
- have pain in your lower belly when you wee
- wee more than usual
- feel like you need to wee but no wee comes out
- feel like you need to wee again after you have finished a wee.





You might notice your wee is

- smelly

- dark



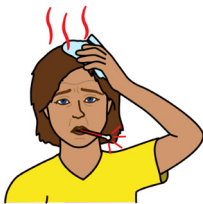
- cloudy

- bloody.



A UTI might also

- make you sick



- give you a ***fever***
 - fever means you feel hot and unwell



- make you feel confused



- cause pain in your lower back
 - this might be a kidney infection so see your doctor straight away.

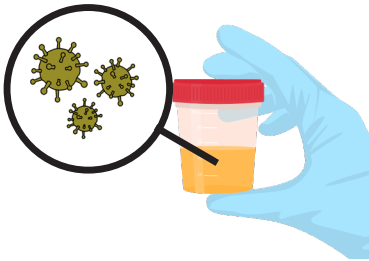
When to see your doctor



See your doctor if you have UTI symptoms.



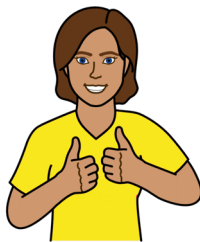
Your doctor might ask you to go to the bathroom and wee in a small container.



They will test your wee to see if you have an infection.



If you have an infection your doctor will give you a script to get ***antibiotics*** from the chemist.



Antibiotics is a type of medicine that helps your body get better.



You must take the antibiotics the way your doctor told you to.



You must also finish all the antibiotics.



Recurrent UTIs

Recurrent UTIs means you get 2 or more infections in 6 months.



See your doctor if you have recurrent UTIs.



They will ask you to do a wee test.



They might also ask to check your tummy and where your wee comes out to find the problem.



If you do not want them to do this you can say **no**.



Your doctor might ask you to do other tests.

For example, an ***ultrasound***.

An ultrasound is a scan to check your bladder.



They will tell you the test results and next steps.

What you can do



If you have a UTI you can

- drink lots of water each day



- add ***Ural*** to your water to help with pain when you wee.



Ural are tablets you can buy at the chemist.

You can do things to keep UTIs away.

For example



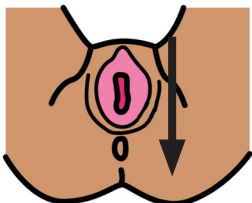
- drink lots of water each day



- wee when you need to

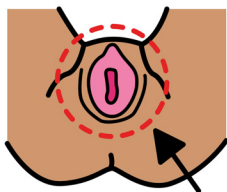
- take time to get rid of all your wee when you go to the toilet.

You can keep germs away from where your wee comes out.



After going to the toilet, wipe yourself from the top of your ***vulva*** to your bottom.

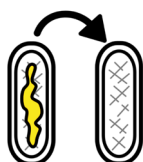
This stops germs going from your bottom to your vagina.



Your vulva is the outer area of your female private parts.



You should also wee straight after sex.



If you wear ***incontinence pads*** change them often.



Incontinence pads can be used when you have accidental wee and poo leaks.



More information



For more information contact
Jean Hailes for Women's Health.



Call 03 9453 8999



Website jeanhailes.org.au



Email education@jeanhailes.org.au



Help to speak and listen

If you need help to hear or speak, the National Relay Service can help you make a call.



Call 1800 555 660



Website [NRS Helpdesk](#)



Help in your language

If you need help with other languages, contact the Translating and Interpreting Service.



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For more information, please visit jeanhailes.org.au