

### UTI & Kidney Damage

In most cases, UTIs can be treated successfully without causing kidney damage. UTIs caused by kidney stone or (in men) an enlarged prostate gland can damage the kidneys if the problem is not corrected and the infection continues. UTIs in young children can may sometimes cause kidney damage if not treated promptly.

### UTI in Children

- Girls are more likely to have UTI than boys.
- Infants who are born with a abnormality of urinary tract have an increased chance of getting UTI

### Symptoms of UTI in children

- Low fever
- Irritability
- Frequent urination
- Pain while urinating
- Incontinence

### Prevention of UTI

The following steps may help to prevent UTIs:

- Drink plenty of fluids.
- Do not delay going to the bathroom when you need to urinate.
- Wipe from front to back to prevent bacteria from the intestines from entering the urinary tract. (women)
- Cleanse the genital area every day and before having sex.
- Wearing cotton underwear would help.

Please also refer the following information booklets from India Renal Foundation for more information.

1. Choosing Your Treatment
2. Hemodialysis
3. Peritoneal Dialysis
4. Transplantation
5. Diabetes & Kidney Failure
6. High Blood Pressure and Kidney Failure
7. Kidney failure and Anemia
8. Kidney Stone & Kidney Failure
9. Prostate Cancer
10. Urinary Tract Infection
11. Polycystic Kidney Disease
12. Urinary System & Kidney Stone
13. Cystine & Struvite Stone
14. Calcium & Uric Acid Stone
15. Treatment of Kidney Stones

# Healthy Kidneys 11



## Urinary Tract Infection

This booklet will tell you how to prevent UTI from occurring to you. You will also come to know about the causes and treatment of UTI.

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Kidneys are two bean-shaped organs, situated behind the stomach on either side of the vertebral column. Each kidney is capable of sustaining life independently. In other words, a person can have a normal life even with one kidney. Kidneys are a part of the urinary system. The urinary system consists of the kidneys, ureters, urinary bladder and the urethra.

The kidneys remove wastes and extra water from the blood to form urine. If these wastes are not removed they can be harmful to the body. They perform other important function also.

In addition to removing wastes, kidneys release hormone Erythropoietin, release hormone Renin, release active form of vitamin D, and help in balancing the body fluid by maintaining the right amount of water in the body.

### Urinary Tract Infection

Normal urine is sterile, means free of bacteria, virus and fungi. It contains fluids, salt and waste products. A urinary tract infection (UTI) occurs when bacteria (germs) get in to the urinary tract and grow.

These bacteria usually enter the urinary tract through the urethra and travel up to the bladder the result is redness, swelling and pain in the urinary tract. If a UTI is not treated promptly, the bacteria can move up to the kidney and cause more serious type of infection.

An infection limited to urethra is called urethritis, from the urethra bacteria may move to the bladder. Bladder infection is called cystitis. If the infection is not treated promptly bacteria may go up to the kidneys and cause a serious infection called pyelonephritis.

### Symptoms of an UTI

Some people have no symptoms, but most have one or more of the following:



- An urgent need to urinate, often with only a few drops of urine to pass.
- A burning feeling when they urinate.
- Cloudy or bloody urine.
- Strong odour to the urine.
- Pain in the back or side below the ribs.
- Nausea and vomiting

Immediately consult your doctor if you have any of these symptoms.

### Treatment of UTI

Your doctor will test a sample of your urine for bacteria and blood cells. Different medications called antibiotics may also be tested to see which one works best against the bacteria. UTIs treated with antibiotics often clear after one or two days of treatment. However, your doctor may ask you to take the antibiotics for one or two weeks to make sure the infection has been cured, You have to take the full course of these medicines, even if you feel good after 2-3 days.

### Recurrence of UTI

If this happens, the doctor may order some special tests:

- a type of x-ray called an intravenous Pyelogram (IVP), which involves injecting a dye in to a vein and taking picture of your kidney and bladder.
- an ultrasound test, which gives a picture of your kidney and bladder using sound waves.
- a cystoscopic exam, which uses a hollow tube with special lenses to look inside the bladder.

### High Risk People for UTI

While anyone can get them, some people are more likely than others.

- Women get UTIs much more often than men do, possibly because they have a shorter urethra, which make it easier for bacteria to reach the bladder.
- People with diabetes experience changes in their body's defense system that may make it easier for them to get UTIs.
- People with a kidney stone or an enlarged prostate gland may have their urine flow blocked. Which can cause a UTI Men who get UTI often have an enlarged prostate gland.
- Women who get UTIs three or more time a year should speak to their doctor. The doctor may order special tests ( see previous question) and recommend one of the following dosages of an antibiotic:.
- Take low doses for six month or more.
- Take a single dose after having sex.
- Take for one or two days when symptoms of a UTI occur.

### Pregnant Woman & UTI

UTIs may be more serious during pregnancy because they are more likely to travel to the kidneys. A pregnant woman with a UTI should consult her doctor to to avoid potential problem like high blood pressure and premature delivery of her baby.