5 Urinary Tract Infection (Cystitis) (Lower Urinary Tract Infection)

Patient name: _____ **Admission:** _____

DATE	NRS INITIAL

I. The client/caregiver can define urinary tract infection or cystitis.

A. It is an infection of the bladder or urethra frequently caused by bacteria.
B. It is more common in women than men.
C. It can become a chronic problem.

II. The client/caregiver can list factors that increase risk of cystitis.

A. Females
B. Advancing age
C. Obstruction (enlarged prostate, calculi, etc.)
D. Pregnancy
E. Poor personal hygiene
F. Use of catheters
G. Sexual intercourse

III. The client/caregiver can recognize signs and symptoms, although no symptoms may be present.

A. Burning sensation when urinating
B. Strong, persistent urge to urinate
C. Passing frequent, small amounts of urine
D. Low back pain or feeling of pressure in lower abdomen
E. Cloudy or strong-smelling urine
F. Fever

IV. The client/caregiver can list measures to prevent or manage urinary tract infections.

A. Void frequently to empty bladder completely.
B. Always wipe from front to back.
C. Wear cotton underpants and nonrestrictive clothing.
D. Urinate before and after sexual intercourse.
E. Avoid use of feminine sprays and bubble baths.
F. Keep perineal area very clean.
G. Avoid delaying the urge to urinate.
H. Drink fluid intake of 2 to 3 liters per day if not contraindicated.

DATE	NRS INITIAL

I. Eat a well-balanced diet.
   1. Avoid coffee, alcohol, and soft drinks with caffeine, citrus juices, and spicy foods until infection has cleared.
   2. Physician may recommend the use of vitamin C supplements.
   3. Studies have shown cranberry juice to inhibit growth of *E. coli*. Check with physician before using cranberry juice. Cranberry juice may have a negative interaction with the medication Coumadin.
J. Take antibiotics until completed.
K. Report early signs and symptoms of infection to the physician.
L. Take medications as instructed.
M. Shower instead of bathing to decrease possibility of bacteria entrance.
N. Exercise regularly to prevent urinary stasis.
O. Keep follow-up appointments with physician and laboratory.

V. The client/caregiver is aware of possible complications.

A. Recurrent infections
B. Infections of kidney or ureters

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