

How to prevent UTI



Drink plenty of liquids, especially water. Urine should be a clear, straw colour rather than dark yellow.



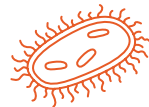
See your GP if you have symptoms that suggest prostate enlargement such as: difficulty starting to urinate, needing to urinate more often or at night, a weak urinary stream, or a feeling of incomplete emptying of the bladder.

For more information



<https://www.healthdirect.gov.au/urinary-tract-infection-uti>

Want to know more?

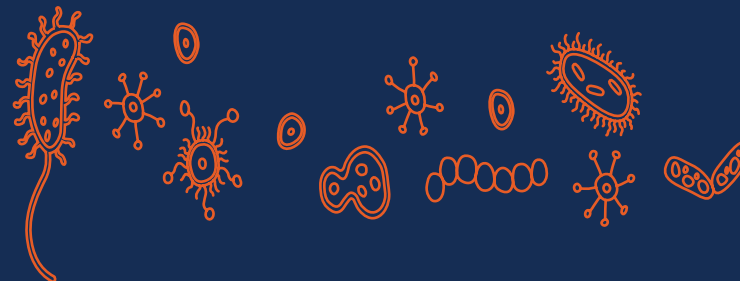


Ask your local doctor or healthcare professional

© The State of Queensland (Queensland Health) 2022



WINC 1NY41610 SW 1182



UTIs

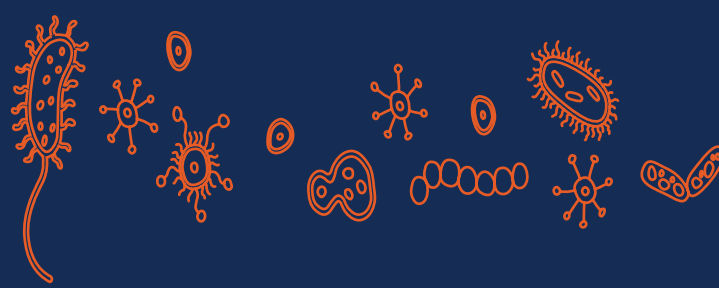
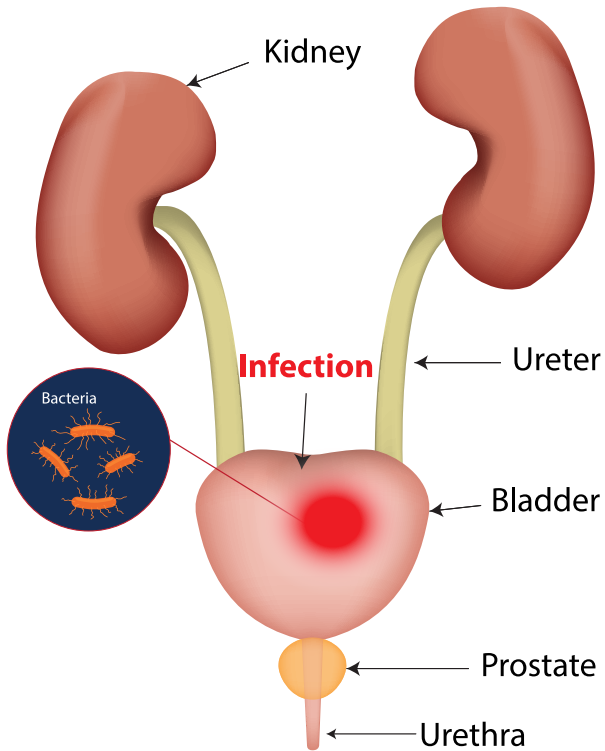
URINARY TRACT INFECTIONS



A basic guide to preventing urinary tract infections for men.

What is a UTI?

UTI is an infection in any part of the urinary tract. This includes the urethra, bladder, ureters, or kidneys. This occurs when bacteria (germs) enter the urethra and affects the bladder.



Symptoms may include



Pain or stinging when passing urine



Passing small amounts of urine more often



Dark urine or blood in the urine



Fever



Pain in the lower back if kidneys are involved

Risk factors



Incomplete bladder emptying from narrowing of the urethra, an enlarged prostate or kidney stones



Recent urology procedures.



In older men: dehydration, constipation and reduced mobility.

Treating a UTI

Drink plenty of water to flush out bacteria from the bladder/kidneys.



Use mild pain relief such as paracetamol if needed.



Urinary alkalinisers may help relieve stinging and are available from pharmacies without a prescription.



See your GP or healthcare practitioner to consider testing and antibiotics.



If you have **high fevers**, seek **more urgent medical** attention or call 13 Health (13 43 25 84) which is available 24 hours a day, 7 days a week for health advice.