



Patient Education:

# Urinary Tract Infection, Pediatric

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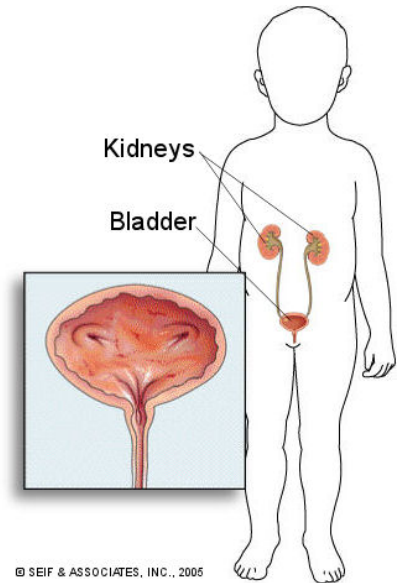
# Urinary Tract Infection, Pediatric

The urinary tract is the body's drainage system for removing wastes and extra water. The urinary tract includes two kidneys, two ureters, a bladder, and a urethra. A urinary tract infection (UTI) can develop anywhere along this tract.

## CAUSES

Infections are caused by microbes such as fungi, viruses, and bacteria. Bacteria are the microbes that most commonly cause UTIs. Bacteria may enter your child's urinary tract if:

- Your child ignores the need to urinate or holds in urine for long periods of time.
- Your child does not empty the bladder completely during urination.
- Your child wipes from back to front after urination or bowel movements (for girls).
- There is bubble bath solution, shampoos, or soaps in your child's bath water.
- Your child is constipated.
- Your child's kidneys or bladder have abnormalities.



## SYMPTOMS

- Frequent urination.
- Pain or burning sensation with urination.
- Urine that smells unusual or is cloudy.
- Lower abdominal or back pain.
- Bed wetting.
- Difficulty urinating.
- Blood in the urine.
- Fever.
- Irritability.
- Vomiting or refusal to eat.

## DIAGNOSIS

To diagnose a UTI, your child's health care provider will ask about your child's symptoms. The health care provider also will ask for a urine sample. The urine sample will be tested for signs of infection and cultured for microbes that can cause infections.

## TREATMENT

Typically, UTIs can be treated with medicine. UTIs that are caused by a bacterial infection are usually treated with antibiotics. The specific antibiotic that is prescribed and the length of treatment depend on your symptoms and the type of bacteria causing your child's infection.

## **HOME CARE INSTRUCTIONS**

- Give your child antibiotics as directed. Make sure your child finishes them even if he or she starts to feel better.
- Have your child drink enough fluids to keep his or her urine clear or pale yellow.
- Avoid giving your child caffeine, tea, or carbonated beverages. They tend to irritate the bladder.
- Keep all follow-up appointments. Be sure to tell your child's health care provider if your child's symptoms continue or return.
- To prevent further infections:
  - Encourage your child to empty his or her bladder often and not to hold urine for long periods of time.
  - Encourage your child to empty his or her bladder completely during urination.
  - After a bowel movement, girls should cleanse from front to back. Each tissue should be used only once.
  - Avoid bubble baths, shampoos, or soaps in your child's bath water, as they may irritate the urethra and can contribute to developing a UTI.
  - Have your child drink plenty of fluids.

## **SEEK MEDICAL CARE IF:**

- Your child develops back pain.
- Your child develops nausea or vomiting.
- Your child's symptoms have not improved after 3 days of taking antibiotics.

## **SEEK IMMEDIATE MEDICAL CARE IF:**

- Your child who is younger than 3 months has a fever.
- Your child who is older than 3 months has a fever and persistent symptoms.
- Your child who is older than 3 months has a fever and symptoms suddenly get worse.

## **MAKE SURE YOU:**

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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