



A guide to...

Urinary Tract Infection (UTI)

Patient Information

Children's Emergency Department (CED)

Watford General Hospital



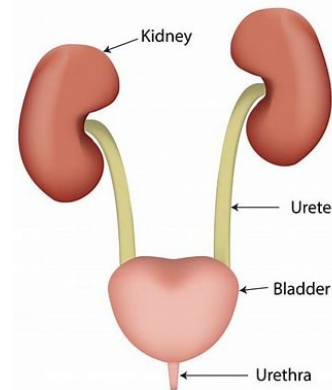
Your child has been diagnosed as having a urinary tract infection.

This is quite common in children with around one in 30 boys, and one in 10 girls having at least one urine infection by the time they are 16 years old.

What is a urinary tract infection?

A urine infection is caused by germs that get into the urinary tract.

The Urinary System



Most are due to a bacteria that usually lives in the bowel; some bacteria lie around the anus after a poo has been passed and can then travel to the urethra (tube that passes urine from the bladder) and into the bladder.

The urinary system is divided into upper and lower. Upper comprises the kidneys and ureters, lower comprises the bladder and urethra.

Infections are commonly in the lower tract, but can affect the upper segment.

Symptoms

The symptoms of a UTI can vary, but generally include:

- High temperature
- Vomiting and/or diarrhoea
- Drowsiness
- Crying, especially around going to the toilet
- Going off of feeds and generally seeming unwell
- Appearing to be in pain
- Blood in urine, cloudy or smelly urine
- Reduced urine output
- Increased urine frequency, often with reduced volume or flow
- Abdominal pain

Red flag symptoms

- Back pain
- Rigors (vigorous and uncontrollable shaking)

How is a UTI confirmed?

We will have asked for your child to produce a clean specimen of urine which will have been checked in the department using a dipstick. This gives us an indication that infection may be present, and we then send the sample to our microbiology laboratory where they inspect it under a microscope. This can show us if there are bacteria present.

How is a UTI treated?

If confirmed, your child will be given a course of antibiotics. Depending on where the infection is felt to be (lower or upper urinary tract), this will either be orally or intravenously — your clinician will advise on this.

The infection usually clears completely following antibiotic treatment, however if your child has suffered with recurrent UTI's or the clinicians are concerned about the severity of infection, they may be referred for further investigations to rule out any underlying causes (this will be discussed if necessary).

General tips following UTI

- Try not to let your child become constipated
- Make sure your child has plenty to drink each day
- If your child goes to the toilet independently, make sure they are taught to wipe front to back to reduce any faecal matter (poo) getting into the urethra.
- Encourage your child to go to the toilet as soon as they feel the urge
- Inform your child's school / nursery that they have had a UTI so they can help with the above.

When to seek further help?

Return to CED if your child develops any of the red flag symptoms discussed previously, or if their condition is worsening.

See your GP, or call 111 out of normal surgery areas, if:

- Your child is no better following the course of antibiotics
- Your child is struggling to tolerate oral fluids
- Your child has a significantly decreased urine output

<https://hwehealthiertogether.nhs.uk/>

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