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Patient information

Urinary Tract Infection (UTI)



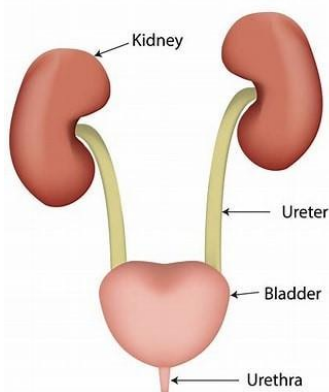
Your child has been diagnosed as having a urinary tract infection.

This is quite common in children. Around one in 30 boys, and one in 10 girls has 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 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

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 a sign that infection may be present. 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 suspected or confirmed, your child will be given a course of antibiotics. Your clinician will advise on this depending on whether it's an upper or lower UTI. Upper urinary tract infections commonly present with fever.

Post-discharge care

You will need to go to the GP after the antibiotics course is completed to ensure the infection has cleared. Please contact your GP as soon as you get home to arrange a urine test to ensure this is done. You can ask us for a urine catch bottle to aid with this as the GP may ask you to drop it off. You do not need an appointment for this.

What to watch for at home

The infection usually clears completely following antibiotic treatment. If your child is experiencing any of the similar symptoms you were worried about when you first brought them in or new symptoms listed below, please contact us or bring them back. At the time we send you home we won't have the urine culture results; this can take a few days. It is possible that the antibiotics you were given may not work.

- High temperature
- Vomiting and/or diarrhoea
- Drowsiness
- Crying, especially around going to pass urine
- Going off 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

General tips following UTI

- Try not to let your child become constipated
- Make sure your child has plenty of water 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 before, 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/>

For further information

How to contact us

Children's Emergency Department

[Watford General Hospital](#)

Vicarage Road

Watford

Hertfordshire WD18 0HB

Tel: 01923 217564 (ext: 7564)

Hospital switchboard: 01923 2443

PALS

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