

# Your Journey with Preventing Recurrent Urinary Tract Infections



For more information scan this QR code or go to <https://myhealth.alberta.ca/recurrent-uti-pathway>

Lower urinary tract infection (UTI) is an infection of the bladder caused by bacteria. Someone is diagnosed with **recurrent** lower urinary tract infections if you have 2 or more lower urinary tract infections in the last 6 months **or** 3 or more in the last 12 months.

You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and prevent recurrent lower urinary tract infection. If you have any questions along the way, please ask your healthcare team.

## Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns.
- Consider bringing a family member or friend to support you.



### Visit your healthcare provider

- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- To better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.
- You will have a pelvic exam where your healthcare provider will check for things that could be playing a role in your UTIs.



### Get your tests

- Most common tests include a urinalysis and urine culture
- Less common tests include an ultrasound or a CT of the abdomen



### Review your test results

- You may find some of your test results on MyHealth Alberta Account or MyChart or ask your healthcare provider to print them for you
- Talk with your healthcare provider so you know what your test and assessment results mean and how they will help your team and you decide what to do next.



### Review your treatment & prevention options

- If needed, your healthcare provider will prescribe antibiotics to treat your UTI, based on your situation and the kind of bacteria they find in your urine.
- Your provider will also talk through different strategies to help prevent UTIs.
- Decide with your provider what will work best for you.



### Start your treatment & prevention strategies and watch your symptoms

- Take an active role in your treatment. If you have a change in symptoms or notice new symptoms, consider writing down what it feels like, the date, time, and what you were doing when they began.
- Make sure to tell your healthcare team if you have blood in your pee (urine), fever or chills, pain in your lower belly (abdomen) or back, if UTI symptoms don't get better within 2-3 days after starting treatment, or if you are pregnant and think you might have a UTI.



### Talk with your healthcare provider about a referral

- You may need a referral based on your specific needs.
- Ask who you are being sent to and what they do.
- Ask how long it will take to be seen and what you should do if you don't hear back.



### Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy-lifestyle resources and supports.



Whole-person health

#### Important Tips:

Need to connect with with a primary care clinic?  
[ahs.ca/findaprovider](https://ahs.ca/findaprovider)

Need a translator?  
Let your healthcare provider know

Need health advice?  
Call Health Link at 811

Need to find programs and services in your community?  
Call 211 or visit [ab.211.ca](https://ab.211.ca)

