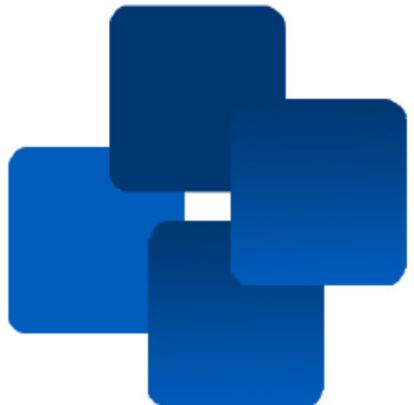


Urinary Tract Infection (UTI)

Child Health Patient Information Leaflet



The purpose of this leaflet is to explain Urinary Tract Infection (UTI).

Symptoms

If your child has a UTI, he or she will have one or more of the following:

- Pain or burning sensation when passing urine.
- Needing to urinate more often but only passing a small amount of urine.
- High temperature (fever).
- Vomiting and/or diarrhoea.
- Pain in their tummy, side or back.
- Wetting themselves or their bed, having previously been dry.
- Blood in their urine.

In babies and younger children it is harder to identify symptoms. Your child may be unwell with a fever, off feeding and may be irritable and sleepy.

How will the doctor diagnose my child with a UTI?

If your doctor thinks your child or baby has a UTI then he will ask for two urine samples to confirm diagnosis. Urine is normally sterile (no bacteria present). A urine infection is confirmed when bacteria is present. In older children, and children who are potty-trained, the nurse or doctor will request a mid-stream urine sample. This is a sample that is collected directly from the stream of urine.

Before the sample

Wash the child's genital area with soap and water and ensure that it is dry. This will prevent any germs from the skin getting into the sample and contaminating it.

Taking the sample

Parents are given a sterile container and are shown how to collect the urine specimen with guidance from the nursing staff. Be careful not to touch the open rim of the container with your fingers as this may contaminate the specimen with germs. With babies, it is just the case of trying to catch a sample.

What if my child is unable to produce a urine sample while in hospital?

Your nurse will give you a sterile bowl and container to take home with you. It is important that you bring the sample back to the hospital as soon as possible. Ideally the sample should be kept in a cool environment or transported on ice.

How long will it take for the results to come back?

The nurses are able to test the urine on the ward, which will give the doctor an idea if your child has a UTI or not. However, it will take at least 48 hours until the lab results are available.

What happens if my child is diagnosed with a UTI?

Children with a UTI are usually given medicine to take (antibiotic). In most cases the antibiotic can be given by mouth. In some cases, when the infection is very severe or your child is vomiting, the antibiotic is given through a little tube called a cannula into your child's vein.

After a few doses your child will start to feel better. It will take several days before all symptoms have gone. You should make sure that your child finishes the course of antibiotics prescribed by the doctor, even if he/she appears to be better.

What happens next?

A daily low dose of antibiotic may be advised whilst waiting for tests (these normally involve scans). This prevents further urine infections until the results of the tests are known. The regular antibiotic is then stopped if all the results are normal. The few children found to have kidney or bladder problems may be advised to stay on a daily dose of antibiotics until they are older.

What can I do for my child who has a UTI?

It is important that you encourage your child to drink plenty of fluids as this will help flush the germs out and prevent dehydration.

Paracetamol and Ibuprofen can be given to ease any pain and to help reduce a high temperature. If you are unsure about the doses or frequency then consult your nurse before being discharged.

Recurrence

UTI can recur and it is important for you to seek prompt attention with your GP or A&E to seek further advice if UTI is suspected. If your child has unexplained high temperature with no cause detected, they should have their urine tested.

How can I prevent my child getting a UTI?

The following simple steps can reduce the risk of getting UTI:

- Avoid using bubble bath.
- Dress your child in loose-fitting cotton underwear.

(Continued overleaf)

- If you have a girl, teach her to wipe from front to back after she uses the bathroom so that germs from the rectum are not wiped onto the vulva.
- Teach your child to go to the bathroom regularly through the day to prevent him or her holding the urine.
- If you have an uncircumcised boy, teach him how to wash the foreskin on the penis regularly.
- Provide a healthy diet which includes fruit, vegetables and plenty to drink.

Further information can be obtained from:

NHS 111

Dial 111

Or contact your GP

Bluebell Ward,
Lister Hospital, Stevenage

01438 284008

Children's A&E, Lister

01438 284333

QEII Urgent Care Centre,
Welwyn Garden City

01707 247549

Lister Community Children's Nurses

01438 284012

QEII Community Children's Nurses

01438 288370

Patient Advice and Liaison Service

01438 285811

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