



A UTI occurs when bacteria grow in the urinary tract. It makes and stores urine and carries it out of the body.

# Urinary Tract Infection (UTI)

The organs that can be infected include:

- ▶ Bladder (common) – Stores urine.
- ▶ Urethra (common) – The tube that carries urine from the bladder out of the body.
- ▶ Kidneys – Collect waste from blood to make urine.
- ▶ Ureters – Move urine from the kidneys to the bladder.



**UTIs cannot be spread between people.**

## How is it spread?

The foreskin of the uncircumcised penis makes it easier for germs to get trapped and enter your urinary tract. Besides age, your risk for UTIs can be increased by:

- ▶ Sexual intercourse, especially anal sex.
- ▶ When urine stays in the bladder too long.
- ▶ Problems emptying the bladder fully.
- ▶ Diabetes.
- ▶ Kidney Stones.
- ▶ Having a tube that drains urine from the bladder.
- ▶ Obesity.
- ▶ An enlarged prostate gland or an infected prostate (prostatitis).



## What are signs of UTIs in men?

### UTIs in the bladder and urethra may cause:

- ▶ Urge to urinate often, but not much urine comes out.
- ▶ Burning, stinging or pain with urination.
- ▶ Discharge/fluid seeping from the penis.
- ▶ Heavy feeling in the lower belly.
- ▶ Waking in the night to urinate.

### Other signs of UTI may include:

- ▶ Pain or pressure in the lower back or sides.
- ▶ Rectal Pain.
- ▶ Urine that smells bad or looks dark, cloudy, or red.
- ▶ Tiredness, fever and chills.

## How do you know if you have a UTI?

A health care provider (HCP) can examine you for UTIs. A urine sample will be tested. Other tests may be done if your HCP thinks it has spread, or if you have had many UTIs. You may be asked about:

- ▶ Signs of your UTI.
- ▶ Past UTIs
- ▶ Sexual Contact.
- ▶ Other health conditions, such as diabetes.

**Men who are uncircumcised are at higher risk for UTIs. Bacteria can build up easily in the folds of the extra skin on the penis. Also, men who engage in anal sex are more at risk.**

## How is it treated?

UTIs are treated and cured with antibiotics. Always finish treatment. If treated quickly, most UTIs do not cause serious problems. You may need longer treatment or a different antibiotic if you:

- ▶ Have UTIs often.
- ▶ Have diabetes.
- ▶ Have a UTI that has spread to your kidneys.

## If you have a UTI:

- ▶ Always finish antibiotic treatment.
- ▶ Return to your health care provider if:
  - Signs don't go away.
  - Signs come back.
  - Signs get worse.
  - You have more or different signs of UTI.

**UTIs in the bladder and urethra that are not treated can spread to the kidneys and cause serious illness.**

## How can you avoid UTIs?

- ▶ Urinate when you have the urge.
- ▶ Don't hold in urine for a long time.
- ▶ Urinate before and after having sex.
- ▶ Drink plenty of fluids.
- ▶ Clean your genital area every day, especially after having sex.
- ▶ Use barriers such as condoms during sex.

**To reduce UTIs, some HCPs suggest showers instead of baths**

## Learn more:

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK/NIH):**

**Urinary Tract Infections in Adults**

[www.kidney.niddk.nih.gov/kudiseases/pubs/utiadult/](http://www.kidney.niddk.nih.gov/kudiseases/pubs/utiadult/)

**U.S. National Library of Medicine:**

**Urinary tract infection - adults**

[www.nlm.nih.gov/medlineplus/ency/article/000521.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000521.htm)