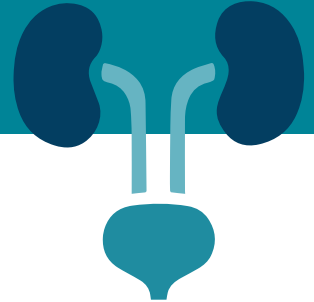




## How to avoid Urinary Tract Infections (UTIs)

### Information for older adults



# What is a UTI?

**Urinary tract infections (UTIs)** affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital.

### Here are some things you can do to prevent UTIs

#### Stay hydrated

**Drink enough fluids regularly**, like water or squash, to boost hydration. More trips to the toilet may be necessary, but don't reduce your intake.



#### Don't hold it

**Avoid holding your pee and visit the toilet** as soon as possible when you need to go.



#### Prioritise personal hygiene

**Wash or shower daily**, especially if you suffer from incontinence.



### Keep the genital area clean and dry with these tips:

#### Wipe from front to back after using the toilet

to prevent bacteria from spreading.



#### Avoid using scented soaps, gels or sprays

as they may cause irritation.



#### Change incontinence pads frequently

**Don't wait** if they're soiled.



### Before and after sex:

#### Keep the skin clean around your genitals

by washing with water before and after sexual activity.



#### Go for a pee

**as soon as possible** after sex.



### If you think you or someone you care for might have a UTI:

**Ensure you are drinking enough fluids regularly** to avoid becoming dehydrated.

#### Contact a healthcare professional:

this could be your **GP, nurse, the community pharmacist, a walk-in centre** or the **NHS 111 service**.