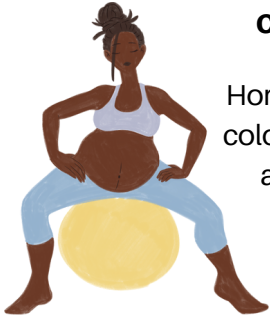


URINARY TRACT INFECTION

Urinary tract infections (UTIs) are common, affecting around 8% of all people during a pregnancy. This handout includes information about the causes and possible complications of UTI, and how they can be prevented.



Hormonal and anatomical (body) changes associated with pregnancy increase your risk of bacterial colonization and infection. UTIs, even when they are asymptomatic (you have no symptoms), can be associated with negative pregnancy outcomes such as low birth weight and pre-term delivery.

UTIs are characterized by their location and can range in severity from (1) asymptomatic bacteriuria; (2) acute cystitis; and more seriously, (3) pyelonephritis.



ASYMPTOMATIC BACTERIURIA

- Bacteria found in the urine
- No symptoms
- Treated in pregnancy to prevent progression to pyelonephritis and negative pregnancy outcomes



ACUTE CYSTITIS

- Bladder infection
- Increased urinary frequency, urgency and burning with urination
- Treated with oral antibiotics



ACUTE PYELONEPHRITIS

- Kidney infection
- One-sided "flank" (central/upper back pain, often on one side) pain with other systemic symptoms (e.g., fever)
- Treated with IV antibiotics in hospital

You will be asked to complete a urine test during or before your first **prenatal visit** and/or if you have any **symptoms that are suggestive of UTI or pre-term birth**.

The urine test checks for the presence of white blood cells, red blood cells, and nitrites, all of which can help diagnose a UTI.



PREVENTING UTI



wipe front to back when using the bathroom



urinate before and after sexual intercourse



avoid tight and wet clothing



drink lots of water!

It can sometimes be difficult to distinguish between symptoms of a UTI and common symptoms of pregnancy (e.g., needing to pee more often). Call your OB/GYN or present to triage/care if you develop symptoms of a UTI so you can get tested and treated right away!

References

The American College of Obstetricians and Gynecologists. Urinary Tract Infections in Pregnant Individuals [Internet]. American College of Obstetricians and Gynecologists. 2023. Available from: <https://www.acog.org/clinical/clinical-guidance/clinical-consensus/articles/2023/08/urinary-tract-infections-in-pregnant-individuals>
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