

What You Need to Know About the Dreaded UTI



The sooner a UTI is diagnosed and treated, the sooner you can get back to feeling your best.

A urinary tract infection (UTI) is one of the most common infections affecting adults (especially women), teens, and even children. While UTIs are usually easy to treat, ignoring symptoms can lead to serious complications, including kidney infections.

Knowing the signs of a UTI and **seeking care early** can help you feel better faster and prevent the infection from worsening.

What Is a UTI?

A urinary tract infection occurs when bacteria enter the urinary system, which includes the bladder, urethra, ureters, and kidneys. Most UTIs can be successfully treated with **prompt medical care.**

Common UTI Symptoms

Symptoms can vary from person to person, but some of the most common signs include:

- A strong, persistent urge to urinate even when the bladder is empty
- Burning or pain during urination
- Frequent urination, often passing only small amounts
- Cloudy urine
- Strong-smelling urine
- Blood in the urine
- Pressure or cramping in the lower abdomen or groin

In older adults, symptoms may also include confusion, fatigue, or other changes in mental status. If you or a loved one is experiencing these symptoms, please call DMC right away to avoid an ER visit.

When Should You See a Healthcare Provider?

If you are experiencing symptoms of a UTI, it's important to seek medical attention as soon as possible. Early treatment can prevent the infection from spreading to the kidneys.

Seek immediate medical care if you experience:

- **Fever or chills**
- **Lower back or side pain**
- **Nausea or vomiting**

Younger children may not be able to tell you about UTI symptoms they are having. While fever is the most common sign of UTI in infants and toddlers, most children with fever do not have a UTI.*

* <https://www.cdc.gov/uti/about/index.html>

What Can You Do at Home?

A UTI usually requires medical treatment, specifically antibiotics, however, these steps may help relieve discomfort until you are seen by a DMC Provider:

- **Drink Plenty of Water**

Staying hydrated can help flush bacteria from your urinary tract. **If you have fluid restrictions due to a medical condition, please connect with your provider before adding fluid intake.**

- **Avoid Bladder Irritants**

Limit coffee, alcohol, soda, and spicy foods, which may worsen symptoms.

- **Use a Heating Pad**

A warm heating pad on your lower abdomen can help ease discomfort and pressure.

- **Don't Delay Going to the Bathroom**

Urinate when you feel the urge rather than holding it.

Same Day, Your Way

Urinary tract infections can be painful and disruptive. That's why we offer three options for same-day care to help you get better quickly.



If you're experiencing UTI symptoms:

- **Call** our main number at **603-537-1300** to schedule a **same-day visit** in any DMC office.
- **Go to DMCPriamaryCare.com** and click on **“Appointments.”** After you select the office you wish to visit, be sure to click on **“First Available”** to see appointment options.
- **Visit** any of our **DMC Walk-In Care** locations (Bedford, Concord, or Londonderry) for prompt evaluation and treatment.