



URINARY TRACT INFECTIONS (UTI) FACT SHEET FOR CARE PARTNERS OR PERSONS WITH DEMENTIA

CONTACT YOUR FAMILY DOCTOR OR NURSE
PRACTITIONER TO PREVENT A URINARY TRACT INFECTION



▶ **SIGNS AND SYMPTOMS OF UTIS MAY INCLUDE:**

- Pain or burning when peeing
- Difficulty peeing
- Pee more often than usual
- Sometimes there may be blood in pee
- Side, belly or back pain
- Fever higher than 38C
- A change in behaviour

▶ **WHAT ARE NOT SIGNS OF A URINARY TRACT INFECTION?**

- Any one of the signs by itself does not mean someone has a UTI
- Becoming disoriented
- Smelly or cloudy pee does not mean someone has a UTI
- Some foods and medications may cause changes in how pee looks or smells

▶ **WHAT TO DO IF YOU THINK SOMEONE IN YOUR CARE HAS A UTI? KNOW THE HEALTH CARE OPTIONS.**

**IN NON-EMERGENCY SITUATIONS,
CONTACT YOUR FAMILY DOCTOR
OR NURSE PRACTITIONER.**

- Recall the date of last UTI
- Record frequency of urination
- Your family doctor or nurse practitioner may ask for a pee sample to send to a laboratory for testing
- Toilet hat specimen collectors are available from a pharmacy for ease in providing pee samples
- The family doctor or nurse practitioner may wait for the results of the pee sample before a treatment is decided



➤ **WHENEVER POSSIBLE CONTACT YOUR FAMILY DOCTOR AS YOUR FIRST POINT OF ACCESS FOR CARE.**

OTHER HEALTH CARE OPTIONS INCLUDE:

- Walk-in clinics
- Health Connect Ontario 1-866-797-0000 for health advice and information from a registered nurse 24 hours a day, 7 days a week
- Visit Healthcare Options at ontario.ca/healthcareoptions to search for a health care provider near you
- Call 211 for information and services about health care in Niagara
- Visit Hamilton Niagara Haldimand Brant Health Line website for non-emergency medical options at hnhbhealthline.ca
- Access virtual urgent care without leaving your home. Visit the website: urgentcareontario.ca

This fact sheet was developed by:



Visit noht-eson.ca or email info@noht-eson.ca for more information.

➤ **FOR MEDICAL EMERGENCIES: CALL 911 IMMEDIATELY OR GO TO THE NEAREST EMERGENCY DEPARTMENT.**

TO VIEW NIAGARA HEALTH'S EMERGENCY DEPARTMENT AND URGENT CARE CENTRE WAIT TIMES VISIT:

niagarahealth.on.ca/site/emergency-and-urgent-care

➤ **REFERENCES:**

- Public Health Ontario – Urinary Tract Infection Program, 2022
- Ministry of Health's King's Printer for Ontario - Health Connect Ontario, 2012-2022
- Niagara Health System - Know your options: Emergency and Urgent Care Services, 2021

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