

Fast Facts

Kidney Infection

-Also known as Pyelonephritis

- An infection that starts in your urethra (the tube that carries urine from your bladder to outside your body) or bladder and travels up the ureters (the tubes that carry urine from your kidneys to your bladder), spreading the infection to your kidneys
- Require prompt treatment (can cause permanent damage to kidneys, or the bacteria can quickly spread to your bloodstream, causing a serious infection called sepsis)
- Risk Factors: being female, having kidney stones/abnormal urinary tract structure/enlarged prostate, having a weakened immune system, damaged bladder nerves, using a urinary catheter, and having certain conditions (vesicoureteral reflux--urine to flow in the wrong direction)

Symptoms	Treatment	Prevention
<ul style="list-style-type: none"> -Fever -Chills -Back/side pain -Groin pain -Abdominal pain -Frequent urination -Continual urge to urinate -Burning sensation/pain when urinating -Nausea -Vomiting -Pus or blood in the urine -Foul-smelling urine -Cloudy urine 	<ul style="list-style-type: none"> -Depends on personal health and the type of bacteria is causing the infection -Oral antibiotics -Heating pad to help with pain -Over-the-counter medicine (acetaminophen or ibuprofen) to help with pain or fevers -Drink plenty of water -Avoid coffee and alcohol until the infection has cleared -Severe cases = hospitalization to receive antibiotics and fluids via an intravenous (IV) catheter -Recurrent = evaluation by nephrologist (kidney specialist) or urologist (urinary surgeon) 	<ul style="list-style-type: none"> -<i>Primary goal:</i> reduce your chances of a urinary tract infection -Drink enough water -Do not delay going to the bathroom when the urge is present -Urinate as soon as possible after intercourse <i>For women:</i> -Wipe carefully front to back -Do not use feminine products, like deodorant sprays or douching

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