

## Urinary Tract Infection (UTI)

A UTI is an infection that can affect the urethra (tube to the bladder), the bladder itself, or the kidneys. A UTI is usually caused by bacteria from the rectum or vagina.

- UTIs are more common if you have a vagina than if you have a penis and can occur after having sex.
- Infections such as trichomonas, herpes, chlamydia, mycoplasma and gonorrhea can cause symptoms similar to a UTI.

- Pain with urination or pain over the bladder (lower abdomen)
- Frequency of urination (the feeling of having to urinate much more frequently than normal)
- Urgency (need to urinate right away)
- Blood in the urine

If untreated, UTIs may spread to the kidneys and become a more serious infection.

- Your urine will be checked for infection (pus or bacteria).
- Your clinician may perform an exam to look at your vagina and cervix (opening to the uterus), and to feel for your ovaries, tubes, and bladder to check for signs of infection.
- The vaginal discharge may be looked at under the microscope.

- Antibiotic medicine. It's important to take all of the medication, even if your symptoms go away within 1-2 days. If your symptoms get better but do not go completely away, please see your primary care provider or return to City Clinic. You may need a different antibiotic.

- Drink 8-10 glasses of water daily.
- Wipe from front to back when using the toilet to avoid introducing rectal bacteria into the vagina.
- Don't wait if you need to urinate.
- Some clinicians advise urinating right after sex to wash bacteria out of the urethra but there is no study showing this helps.
- If you have had frequent infections (more than 5) you may be referred for evaluation by a urologist (specialist).

**For more information:**

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

**General STI**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) (also in Español)

[www.cdc.gov/std/](http://www.cdc.gov/std/)

[www.sfcityclinic.org](http://www.sfcityclinic.org)

[www.sfsi.org/](http://www.sfsi.org/)

**Contraception and STI/sex info**

[www.bedsider.org](http://www.bedsider.org)

**Teens**

[www.iwannaknow.org](http://www.iwannaknow.org)

[www.kidshealth.org/teen](http://www.kidshealth.org/teen) (also in Español)

[www.scarleteen.com](http://www.scarleteen.com)

For a STI check-up or treatment,  
see your health care provider, local clinic, or come to:



A landmark in prevention

City Clinic  
356 7th Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(628)217-6600  
[www.sfcityclinic.org](http://www.sfcityclinic.org)