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healthy wee,

4 to 8 you
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HAVE
8 BIG
DRINKS
A DAY

UTIs* ARE THE
SECOND MOST
COMMON TYPE
OF INFECTION
IN THE UK.



WHAT ARE THE SYMPTOMS?

- Needing a wee more often.
- Pain or discomfort when having a wee.
- Pain in your lower back or lower tummy.
- High temperature.



HOW TO REDUCE YOUR RISK OF GETTING A UTI

- Stay hydrated! Good hydration is essential to prevent urinary tract infections.
- Drink regularly – at least eight BIG drinks each day.
- Avoid fizzy, caffeinated or alcoholic drinks.
- Make sure that older people or people with dementia are reminded to drink regularly.
- Eat fruit, salad or jelly, which all contain higher levels of water.
- Use the 'wee scale' (one to three is normal wee, four to eight you must hydrate).

PERSONAL HYGIENE

- Always wash your hands after going to the toilet, before and after preparing food and before eating food.
- When washing your private parts, always clean from front to back.
- If you have a catheter, make sure you regularly clean the tube and the area on your body where the tube goes in.
- If you have trouble with incontinence (wetting yourself), use continence products, such as pads and change them regularly.
- Do not use scented wipes or soap when washing your private parts.
- Wear cotton underwear.
- Always go to the toilet after having sex.

IF YOU DEVELOP SYMPTOMS, CONTACT YOUR GP STRAIGHT AWAY. DON'T IGNORE IT!