

URINARY TRACT INFECTIONS (UTI) SYMPTOM MANAGEMENT GUIDE

Education and Training for Patients and Caregivers

UTI Management: Non-Catheter	UTI Management: Catheter												
Urinary tract infections (UTI) can be uncomfortable and lead to complications if left untreated. Both males and females can be prone to UTIs. The cause is usually different for males versus females. Identifying painful urination along with at least one other key symptom can be a reliable indicator that a urinary tract infection is present. Key symptoms: • Fever or chills • Bloody urine • New urinary incontinence • Increased frequency/urgency • Increased confusion • Bladder tenderness to touch or lower back pain	Bacteria are found in 100% of chronically catheterized patients. Screening and treatment are not beneficial in the absence of symptoms. Unnecessary testing can lead to unnecessary treatment, leading to antibiotic-resistant pathogens and risk of C. diff. Symptoms may be reliable indicators for further workup and treatment. For catheterized patients, symptoms may include: • Fever or chills • Increased confusion • Bladder tenderness to touch or lower back pain												
How Hospice of the Valley will Help • Assess symptom onset and presenting symptoms. • Discuss treatment options that align with plan of care. • Explore other causes and possible treatment options.													
What You Can Do <table><tbody><tr><td>☐ Call Hospice of the Valley anytime</td><td>☐ Wipe front to back after urinating or following bowel movements</td></tr><tr><td>☐ Encourage hydration</td><td>☐ Change briefs when wet</td></tr><tr><td>☐ Try cranberry juice</td><td>☐ Choose cotton undergarments</td></tr><tr><td>☐ Anchor urinary catheter with a securement device</td><td>☐ Report constipation or diarrhea to your HOV team</td></tr><tr><td>☐ Frequent toileting to avoid holding urine</td><td></td></tr><tr><td>☐ Avoid creams, powders or irritating soaps when changing or bathing</td><td></td></tr></tbody></table>		☐ Call Hospice of the Valley anytime	☐ Wipe front to back after urinating or following bowel movements	☐ Encourage hydration	☐ Change briefs when wet	☐ Try cranberry juice	☐ Choose cotton undergarments	☐ Anchor urinary catheter with a securement device	☐ Report constipation or diarrhea to your HOV team	☐ Frequent toileting to avoid holding urine		☐ Avoid creams, powders or irritating soaps when changing or bathing	
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When to Call Hospice of the Valley • If patient develops fever, confusion, blood in urine, increased/decreased urination, bladder tenderness to touch or lower back pain. • Increased or new behavioral symptoms. • Any questions or concerns.													

Call HOV 24/7 with questions or concerns:

- ☐ Central Clinical (602) 287-7000 ☐ East Clinical (480) 730-5980 ☐ Northeast Clinical (480) 663-6500
- ☐ Tucson Clinical (520) 827-5000 ☐ West Clinical (623) 583-4848

HOSPICE *of the* VALLEY

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Treatments That Are Not Helpful in Preventing UTIs

- Routine perineal washing with antiseptic wipes.
- Probiotics.
- Prophylactic antibiotics.
- Washing or irrigating urinary catheter.
- Changing urinary catheter frequently (< 30 days) if not clogged, leaking or painful.

Symptoms That Are Not a UTI

- Cloudy, smelly or dark urine – in the absence of key UTI symptoms, cloudy, smelly or dark urine is almost never a UTI.
- Confusion, falls, fever or lethargy **without** other key UTI symptoms.
- Bacteria in the urine without other key symptoms present.
- In the elderly, pyuria, or white blood cells, in the urine can be common and not indicative of UTI in the absence of other key symptoms.

Foods That Can Change Urine Odor or Color

- Asparagus
- Beets
- Onions
- Coffee
- Brussels Sprouts
- Garlic
- Artificial food dyes
- Fish
- Spices
- Vitamins