

TREATMENT CONTINUED

- Antibiotics – it is important to complete the course of antibiotics, even if your child seems better to completely treat the infection and kill the germs
- Some children may need long term low dose antibiotics— this helps prevent further UTI's and your child will be followed up with an outpatient appointment
- Pain relief—Ask your nurse for information on discharge
- Plenty of rest and rehydration — keep giving your child fluids, little and often! If unsure, ask a nurse or doctor how much your child should drink
- When your child has symptoms, take a urine sample to your GP. Urine sample containers are available from your pharmacy or GP when needed
- **REMEMBER** Constipation can increase the chance of getting UTI's so encourage lots of fluids, fibre from vegetables and fruits, and plenty of exercise e.g. sport or dancing



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CONTACTS

If you have any concerns contact your GP or contact Cork University Hospital on (021) 4292000 and speak to the Paediatric Team.

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Care of the child with a Urinary Tract Infection



Information for Parents & Guardians

WHAT IS A URINARY TRACT INFECTION? (UTI)

A Urinary Tract Infection (UTI) is an infection caused by bacteria (germs) getting into either the urethra (urine tube), bladder or kidneys. The germs often comes from faeces (poo) on the surrounding skin

UTI's are common, especially in children who wear nappies and girls more than boys. Any underlying condition that prevents full emptying of the bladder or that obstructs the urinary tract system, such as constipation can increase the risk of UTI's.

Hygiene: Good hygiene is the most important way to prevent a UTI such as regular baths or showers. Girls and boys should always wipe from front to back after passing a bowel motion.



SYMPTOMS MAY INCLUDE

- Temperature
- Feeling unwell or irritable
- Vomiting
- Passing urine more often than usual
- Foul smelling urine
- Feeling the need to pass urine immediately
- Lower tummy pain
- Burning pain when passing urine
- Needing to pass urine at night
- In infants pain can be suspected with drawing up their legs, grimace in their facial expression, increased crying and when your baby is harder to console



TREATMENT OF A UTI

The treatment and investigation of UTI's depends on the age of the child and whether they have underlying medical conditions.

If your child is admitted to hospital, your doctor will prescribe antibiotics to treat the infection and also fluids to rehydrate your child. Both of these may be given into a vein through a drip. Your child will need to be well enough and be able to take fluids and antibiotics by mouth before you go home.

Your child will receive regular pain relief which will also help to bring down their temperature.



DIAGNOSIS

While your child is in hospital your child may have a number of tests which include:

- A clean catch urine sample which is tested with a special dip-strip
- Blood tests
- An Ultrasound— Imaging of the kidneys and and bladder
- If further test(s) are required your doctor or nurse will explain them to you

