

The UTI Guide

*All you need to know
about living with
Urinary Tract Infections*





What is UTI?

Urinary Tract Infection (UTI)

Urinary Tract Infections are more common than most people realize. In fact, “infections of the urinary tract are the second most common type of infection in the human body”.⁽¹⁾ If you have experienced the pain and discomfort of a UTI you are not alone. Women are especially prone to Urinary Tract Infections and one woman in five develops a UTI during her lifetime!⁽¹⁾

¹⁾ (Dec, 2005) *Urinary Tract Infection in Adults*. Retrieved May 26, 2008, from *The National Kidney and Urological Disease Information Clearing House Web site:*
<http://kidney.niddk.nih.gov/kudiseases/pubs/utiadult/#treatment>

Why do UTI's happen?

UTI's happen when bacteria start to multiply in the urinary tract (Urethra) and can be an extremely unpleasant and painful condition. The term UTI can mean anything from a mild inflammation of the bladder to severe kidney infections and should be treated as soon as possible.

A urine self test with Combur⁵ Test[®] HC will help confirm or deny your suspicions and you can contact your medical professional with the results immediately.



Do I have a UTI?

What are the symptoms of UTI?

UTI symptoms can vary, and sometimes there may be no symptoms at all. However, if you are experiencing one or more of the following symptoms you may have a UTI.

- A burning sensation when urinating
- You frequently and urgently need to urinate, but only in small amounts
- Your urine is cloudy, discolored or has blood in it
- You have strong or foul smelling urine
- You are experiencing back or abdominal pain
- You feel nauseous or ill

I think I have symptoms!

Don't worry, when diagnosed early a UTI can be successfully managed. Combur[®] Test[®] HC lets you check your urine for signs of UTI in 60 seconds so you can check your urine at the first signs of UTI.



How is UTI treated?

How to treat UTI

The most common way to treat UTI is with antibacterial drugs prescribed by your medical professional.⁽¹⁾ It is important that the bacteria are killed before they can spread further and cause any serious health problems. Often, a UTI can be cured within 1 or 2 days of treatment of the infection⁽¹⁾ so you should be feeling better shortly after taking the medication.

⁽¹⁾ (Dec, 2005) *Urinary Tract Infection in Adults*. Retrieved May 26, 2008, from *The National Kidney and Urological Disease Information Clearing House*
Web site:
<http://kidney.niddk.nih.gov/kudiseases/pubs/utiadult/#treatment>

Frequent UTI Sufferers

If you suffer from frequent UTI's your doctor may prescribe you with a different course of antibacterial drugs. Drinking 2 to 3 liters of fluid daily will help to reduce the chance of another infection and it is recommended to always pass urine at bedtime and after sexual intercourse. Small lifestyle changes like these can help to reduce the possibility of further infections.

Important

Remember, if a urinary tract infection is left untreated it can lead to much more serious health problems. If you think you have a UTI, seek medical advice as soon as possible.



How do I prevent UTI?

Helpful tips to prevent UTI

Some of the following lifestyle changes may help reduce the risk of getting a urinary tract infection and help you maintain a healthy urinary tract.

- Drink 2-3 liters of fluid daily
- Urinate as soon as you feel the need, don't hold on
- Urinate right after you have sexual intercourse
- Wipe from front to back
- Check your urine for signs of UTI with Combur® Test® HC urine test strips
- Use tampons instead of sanitary pads, and change them regularly
- Avoid extremely tight fitting jeans or trousers
- Avoid damp or wet clothing



What else can Combur⁵ Test[®] HC do?

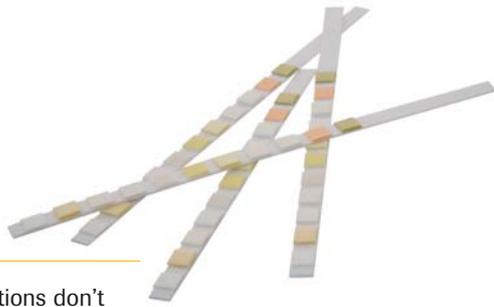
Detect many health problems early!

Combur⁵ Test[®] HC urine test strips are specially designed to test for many health problems and can be beneficial to all family members at any age. The following are just some of the potential diseases you may be able to detect early with proper use.

- Urinary Tract Infection
- Diabetes Mellitus
(It is estimated that nearly a third of Diabetics are unaware that they have the disease)
- Other diseases of the Kidneys and Urinary Tract

If you require further information see the package insert or ask in-pharmacy.

Remember...

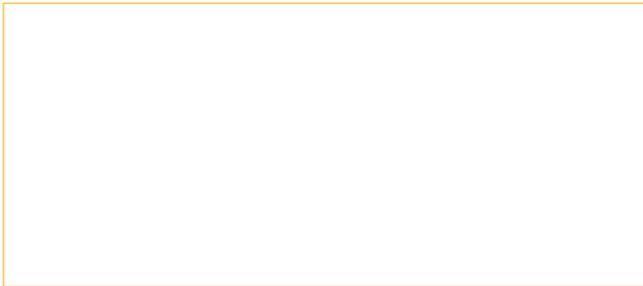


Urinary Tract Infections don't always have clear symptoms. If you think you have symptoms of UTI, including urinary pain, burning, urgency or frequency, Combur® Test® HC can give you a quick and accurate answer in the comfort of your own home.

For further information ask your local pharmacist or retailer, or see the instructional leaflet inside each pack.



Pharmacist/Retailer Details



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