

Urinary Tract Infections



Urinary tract infections occur when a group of bacteria develops in any part of the urinary system (bladder, urethra, and kidneys). Women are more likely to get urinary tract infections because their urethra is shorter and closer to the anus than men's anatomy. Also, women who use a diaphragm as a contraceptive method are more likely to get a urinary tract infection once they enter menopause or after sexual activity.

The infection can occur in any part of the urinary tract, such as:

- **Bladder:** This is called cystitis or bladder infection.
- **Kidneys:** This is known as pyelonephritis or kidney infection.
- **Urethra:** This is the tube that carries urine from the bladder to the outside. This is known as urethritis.
- **Ureters:** These are the tubes that carry urine from each kidney to the bladder. In rare cases, they are the only site where the infection develops.

Risk factors:

- Enlarged prostate
- Pregnancy
- Advanced age



Symptoms:

If the infection is in the bladder, the person may experience the following symptoms:

- Pain or burning when urinating
- Blood in the urine
- Frequent urination
- Pressure or cramps in the groin

If the infection is in the kidneys, the person may experience the following symptoms:

- Fever
- Chills
- Nausea
- Lower back pain

Diagnosis and Treatment:

To establish a diagnosis, questions about symptoms, a physical examination, and urinalysis are performed. If further damage is suspected, CT scans, ultrasounds, or other specialized tests may be required.



Furthermore, treatment for urinary tract infections will depend on the location of the infection.

Antibiotics are generally used to stop the spread of the infection, and depending on the severity, the duration of treatment will depend on this factor. It is worth mentioning that if you experience pelvic pain or discomfort, you may be prescribed medications or anti-inflammatory drugs to manage the pain.

Complications:

- Kidney infection
- Kidney damage
- Life-threatening blood infection (sepsis)



Prevention:

- Wipe from front to back so bacteria don't touch the urethra.
- Minimize the use of douches, powders, or sprays in the genital area.
- Empty your bladder after sex.
- Hydrate well by drinking water.



Contact your doctor if you experience:

- Chills
- Side or back pain
- Fever
- Vomiting

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can address emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.cdc.gov/uti/es/about/informacion-basica-sobre-las-infecciones-urinarias.html>

<https://medlineplus.gov/spanish/ency/article/000521.htm>

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