

URINARY TRACT INFECTION (MALE)

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

DESCRIPTION

Inflammation or infection of the urinary tract.

FREQUENT SIGNS AND SYMPTOMS

- Burning and stinging on urination.
- Frequent urination, although the urine amount may be small.
- Increased urge to urinate.
- Pain in the pubic area.
- Penile discharge.
- Low back pain.
- Blood in the urine.
- Low grade fever possible.
- Bad-smelling urine.
- Lack of urinary control (sometimes).

CAUSES

- Bacteria that reach the urinary tract from another part of the body through the blood stream.
- Bacteria that enter the urinary tract from skin around the genitals and anal area.
- Injury to the urethra.
- Enlarged and/or infected prostate gland.
- Structural defect in the urinary tract.

RISK INCREASES WITH

- Infection in other parts of the genitourinary system.
- Illness that has lowered resistance.
- Excess alcohol consumption.
- Obstruction of urine in the urinary tract in men usually partial obstruction caused by an enlarged or inflamed prostate gland.
- Injury to the urethra.
- Recent surgery with catheterization.

PREVENTIVE MEASURES

- Drink plenty of fluids, at least 8 glasses a day.
- Use protection of a latex condom during sex particularly anal sex, to prevent spread of any infection.

- Urinate when you feel the urge.
- Obtain prompt medical treatment for urinary tract infections.

EXPECTED OUTCOME

Usually curable with antibiotic therapy. If due to underlying disease or obstruction, these will need to be resolved.

POSSIBLE COMPLICATIONS

Inadequate treatment can cause chronic urinary-tract infections, leading to kidney failure.

GENERAL MEASURES

Medical tests to aid diagnosis may include urinalysis and careful urine collection for bacterial culture, cystoscopy (examination of the bladder with a lighted optical instrument) and ultrasound. Treatment is usually with antibiotics. Warm baths may provide relief from symptoms.

MEDICATION

Antibiotics to fight infection. Urinary analgesics may be ordered for pain. Some of these may change the color of your urine and stain your clothing.

ACTIVITY

Avoid sexual intercourse until you have completed all your medication or until advised by your medical provider.

DIET

Drink 6 to 8 glasses of water daily.
Avoid caffeine and alcohol during treatment.

NOTIFY OUR OFFICE IF...

- Fever greater than 100.5°.
- Blood appears in the urine.
- Discomfort and other symptoms don't improve in one week.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.
- Symptoms recur after treatment.
- Abdominal, flank (side), or low back pain.
- Urethral discharge.

Student Health Center



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This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.