

WHY ANTIBIOTICS ARE IMPORTANT FOR... PATIENTS WITH URINARY TRACT INFECTIONS

Urinary tract infections can cause serious complications, so antibiotics are an essential part of treatment.

If left untreated, patients can have damaging long-term complications.

What is a urinary tract infection (UTI)?

- A UTI is an infection of the urinary tract, most often affecting women.
- Common symptoms include cloudy, smelly, and possibly bloody urine, a frequent/urgent need to urinate, and pain or a burning sensation when urinating.
- More serious infections can cause fever, shivering, nausea, vomiting, and diarrhoea.
- Some women are particularly prone to UTIs and suffer numerous infections.

Why do UTI patients need antibiotics?

- If left untreated, UTIs can lead to complications such as blood poisoning and kidney failure.
- More and more bacteria that cause UTIs are resistant to the most commonly used “first-line” antibiotics.
- Infection by resistant bacteria can result in serious illness, leading to longer hospital stays and more complex treatments with more harmful side-effects.

Antibiotics are crucial for controlling these infections and improving health.

Most patients with UTIs need antibiotics to treat them. Antibiotic resistance means that current antibiotics may not work. In addition, few new treatments are being developed. This means that more patients with UTIs may have to be admitted to hospital and may face a greater risk of life-changing complications because doctors are not able to control infections.

It is VITAL that we preserve our antibiotics, minimise the spread of bacteria, and protect UTI patients from catching antibiotic-resistant infections.

1. **Don't ask and don't expect antibiotics** for colds, sore throats, or flu—these are caused by viruses so antibiotics don't work.
2. **Only** take antibiotics given to you by your doctor and **EXACTLY** as written on the bottle and always **complete the full course**.
3. **Never** give your antibiotics to other people.

