

Urinary Tract Infections

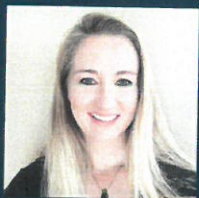
Common health problems are urinary tract infections. These occur when bacteria enters our urinary tract. This is more common for females due to structure. The most common causes are wiping in the wrong direction, intimate activities, hormone changes and weakened immune systems. For males it usually occurs after intimate activities, with prostate problems and weakened immune systems.

The symptoms include pain with urination, urinating more frequency, having to urinate urgently and pain near the suprapubic bone that usually feels like cramps. Some experience foul smelling urine, cloudy urine or blood visible in urine. More significant symptoms include fever, chills, nausea and back pain near kidneys which means there is a complication from the UTI like a kidney infection.

When you have these symptoms, you should be seen so your urine can be tested. There are two tests. The first is called a rapid test called a urine dip where we can literally dip a test strip into the urine and get a basic view of the contents of the urine. We look at the amounts of white blood cells which appear with infections, nitrates which can occur with specific bacteria types and blood that occurs from irritation of the urinary tract and bladder. The second test is a urine culture. These test for the specific type of bacteria, and they also test various kinds of antibiotics to see what will for sure get rid of the infection. For men, we also test for any prostate inflammation with a PSA blood test.

After testing we will treat the infection based on the rapid test with a common antibiotic that treats UTIs and then wait for the culture which takes about 2 days. We then change antibiotics if needed.

If you are having these symptoms you can call us to schedule.



**Ozaukee County Employer
Clinic located inside Aurora
Port Washington Clinic
1475 W. Grand Ave**


Elizabeth Merry, FNP-BC • Nurse Practitioner


Clinic Hours of Operation

Monday 9am-5pm
Tuesday & Thursday 9am-3pm
Wednesday 7:30am-5pm
Friday 9am—4:30pm

Call us to make an in person or virtual appt at:
262-268-6610 or 262-268-6603

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are  AdvocateAuroraHealth

Who can be seen? Health Plan participants over 2 years old may use the County Employee Health Center