



URINARY TRACT INFECTION

IN NON-PREGNANT WOMEN

Acute cystitis

Urinary tract infection (UTI) is an infection of the bladder, usually caused by bacteria.



What does it feel like?

You may experience **painful burning** or **stinging sensation when urinating**, and **need to urinate more often**.



What can I do to feel better?

Paracetamol, **ibuprofen**, other **over-the-counter medications** and **drinking plenty of fluids** may relieve your symptoms. Speak with your doctor or pharmacist for more advice.



Will antibiotics help?

Mild symptoms may get better on their own in young women who have no other medical conditions and are not pregnant. **Antibiotics may be needed** if symptoms persist or get worse. Antibiotics are usually recommended for post-menopausal women or those with other medical conditions.



What can I do to prevent it?

It is not always possible to prevent a UTI, however, urinating after sex, and wiping from front to back may help to reduce infections. Ensuring you drink enough water each day may also help. Women who get many UTIs should discuss this with their doctor.



Do I need to see a doctor?

See your doctor immediately if you experience **high fever** (over 38°C), **shaking chills**, **vomiting**, or **pain in the back or side of the abdomen**. Always see your doctor **if you have other medical conditions**, you are **pregnant**, you are feeling very unwell or if you are concerned.

This information sheet was developed by the National Centre for Antimicrobial Stewardship and the University of Melbourne. Information sheets on other common infections can be found at <https://www.ncas-australia.org/community-information-sheets>.

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