



Information for Patients and Carers

Urinary Tract Infection (UTI)

What is a UTI?

A **urinary tract infection** (UTI), sometimes called a **waterworks or bladder infection**, is common in children.

UTIs are caused by bacteria and are usually treated with antibiotics.

What are the signs of a UTI?

Your child may have some of the following symptoms:

- Pain or stinging when passing urine
- Passing urine more often than usual
- A high temperature (fever)
- Being sick (vomiting)
- Pain in their tummy or back

How to help your child with a UTI

- Encourage your child to drink plenty of fluids. Give any
- prescribed antibiotics exactly as advised.
- If you are worried about your child's symptoms, see our red-amber flags on the next page.

How do we check for a UTI?

If your child comes to hospital with symptoms of a UTI, we will usually ask for a **urine sample**. There are two tests that may be carried out:

1. Urine dipstick

The **urine dipstick** is a quick test that is done straight away. If the dipstick suggests your child may have a UTI, we may start them on **antibiotics** while we wait for the culture results.

2. Urine culture

The second test is called a **urine culture**. The urine sample is sent to the hospital laboratory for this test. This usually takes a few days. It can:

- Look for signs of infection under a microscope
- Check whether bacteria are growing in the urine
- Identify which antibiotics are most likely to treat the infection (sensitivity)

Sometimes the urine dipstick does not clearly show an infection, so we need to wait for the culture result before deciding whether your child needs antibiotics.

Our Virtual UTI Clinic

If we send your child's urine sample to the laboratory for a culture their results will be checked by our Virtual UTI Clinic.

What does "virtual clinic" mean?

Your child **will not need to attend an appointment.**

One of our Advanced Nurse Practitioners (ANPs) will check the laboratory results when they are ready. If the culture result shows that your child needs a different or additional antibiotic, we will:

1. Call you
2. Explain the result and what treatment is needed
3. Arrange a prescription for the medicine

If your child does **not need any new medicine, we will not call you.**

So, if your child has been referred to the Virtual UTI Clinic and you do not hear from us, **please don't worry.** This is normal and means that no new medicine is needed.

Will my child need any more tests?

Most children do not need further tests. Sometimes, we may recommend more tests if:

- Your child has had several urine infections, or
- The infection is caused by an unusual type of bacteria

If your child needs further tests, we will contact you by telephone or letter and explain what is needed.

When should you worry?

Most children with a UTI can be cared for safely at home. However, it is important to know when to get further help.



RED

You need
urgent help

- Is breathing very fast, stops breathing or turns blue.
- Is working very hard to breathe – you may see their neck, tummy or the skin between their ribs sucking in.
- Is very agitated, extremely irritable or floppy.
- Looks mottled, pale, is cold to touch or has blue lips.
- Very sleepy, confused or hard to wake up.
- Develops a rash that does not fade when you press a glass against it.

Please attend
your local
Emergency
Department or
call 999



AMBER

- Has blood in their urine.
- Is not starting to get better after 2 days.
- Has pain in their back.
- Show signs of dehydration such as:
 - Not weeing for 12 hours or fewer than 3 wet nappies in a day.
 - Sunken eyes, very dry mouth or shed no tears when crying.

Please
ring your
GP or
111 for
advice



To access more about this and to be able to read this in different languages, please visit our Paediatric Emergency Department webpage on mft.nhs.uk/childrens-health-and-advice-hub/urinary-tract-infection-uti/

