

Urinary Tract Infection: Here's Help

When it burns or hurts to go, or if you feel like you need to go but somehow you just can't, you may have a urinary tract infection.

A "UTI" is an infection anywhere between your kidneys and urethra...

that's the place where urine comes out.

Most women get a UTI at some point in their lives.

But why and how does it happen?

Well, bacteria gets in your urethra and travels up the urinary tract, causing the infection.

Most of the time, your doctor will prescribe an antibiotic to stop the infection.

Remember to take antibiotics as directed.

Don't stop taking them just because you feel better.

Over-the-counter and prescription medicines may also help with pain.

The medicines might turn your urine orange.

That's okay.

It just shows you that the medicine is where it's supposed to be.

So while you're waiting for the medicine to do its job, here are the top three things you can try at home to feel better.

One, drink lots of water.

Two, go to the bathroom often and completely.

In other words, try to empty your bladder each time.

Three, sometimes taking a hot bath can help with pain or that burning feeling.

Now it may take a little while for the infection to go away, so take care of yourself.

Watch for signs of any problems.

For example, call your doctor if you have pain in the flank on either side of your body, a fever, or chills, or if you're not feeling better in a few days.

A UTI is not fun.

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It can really hurt, and you may feel embarrassed.

But it happens.

So be kind to yourself and rest.

You'll feel better soon.