

12. There is some evidence to suggest that drinking CRANBERRY JUICE helps to prevent urinary tract infections. (This can be purchased mixed with other fruit juices if your child finds the taste too bitter).

Please remember:

ALL URINE SAMPLES MUST BE COLLECTED DIRECTLY INTO A STERILE CONTAINER - please ask for a supply at the clinic (boiled jugs and scalded potties are not sterile -sorry!).

- You can access more information on urine infections in children at NHS Choices.

Contact details

If you have any questions about any of the information contained in this leaflet please contact the Children's Clinic at Pilgrim Hospital on 01205 445416.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Prevention of Urinary Tract Infections

Children's Clinic
Pilgrim Hospital
Telephone: 01205 445416
www.ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at parents of children who suffer from recurrent urinary tract infections (UTIs).

This leaflet aims to tell you what a UTI is and to tell you what will happen.

When your child has a urinary tract infection, the doctor will prescribe antibiotics. As well as the antibiotics, there are also some things you can do to help the infection to get better and also prevent another infection occurring.

1. **AVOID CONSTIPATION.**
You can do this by giving your child a high fibre diet, which includes plenty of fresh fruit and vegetables and wholemeal bread instead of white bread. Ensure that your child drinks plenty of fluids and has regular exercise. The doctor may also give your child medicine to soften his stools if necessary.
2. In young girls, the tube to the bladder is very close to the back passage. WIPING should be done in a front to back direction. Soft absorbent toilet paper should also be used and each sheet should only be used once.
3. It is better to take a shower than a bath. Always avoid irritating soaps and bubble baths. CLEANLINESS is very important in the prevention of infection so regular showers or baths are important. Always dry carefully.
4. **EMPTYING THE BLADDER PROPERLY IS VERY IMPORTANT.** Encourage your child to sit on the toilet regularly and empty the bladder. Sometimes we ask your child to double empty the bladder. This is done by the child passing urine, then waiting 5 to 10 minutes before trying to pass urine again. Encourage your child to empty the bladder properly before bedtime.
5. Always encourage your child to DRINK as much as possible during the day. It is recommended that children have 6 to 8 water based drinks a day.

6. Always report symptoms of a urine infection to your DOCTOR, so it can be treated, AS SOON AS POSSIBLE. These may include:
 - Going to the toilet to pass urine (wee) more frequently, burning sensation on passing urine, smelly urine or seeing blood in the urine or starting to wet themselves again;
 - Your child may or may not have a raised temperature or be generally unwell eg irritability, poor feeding, vomiting, poor weight gain.
7. When your child has symptoms of a urine infection, it is important to collect a urine sample in a STERILE CONTAINER, to send it for testing prior to starting a course of antibiotics. If your child remains unwell after treatment please see a health professional.
8. As always, when taking antibiotics always give them at regular intervals as prescribed and complete the course.
9. Cotton knickers/pants are recommended as they are less likely to make your child sweat between the legs. Your child should avoid wearing tight trousers.
10. During school hours your child should not have to delay passing urine. Please ensure your child has easy access to satisfactory school toilets - speak to your child's teacher and/or school nurse.
11. **THRUSH OR THREADWORMS** should receive prompt treatment:-
 - Thrush can cause soreness of the genital/nappy area which may be accompanied by a rash and whitish discharge;
 - Threadworms may cause itching round the child's anus (back passage) especially at night. Sometimes they can be seen - they look like small threads of white cotton. In girls, they can move to the front and cause soreness and irritation.

Please consult your DOCTOR if you suspect your child has either of the above.