

Urinary Tract Infections: Self-management and rescue pack advice.

We have provided you with a urine sample pot and your GP has provided you with a rescue pack of antibiotics.

What to do if you have symptoms of a urinary tract infection:

- Collect a 'midstream' specimen of urine – collect the sample part way through passing urine in order to provide a sterile sample. Please only use the sample pot provided.
- If possible hand the sample in at your GP surgery straight away. If this is not possible, store the sample in the sealable plastic bag in your fridge and hand the sample into your surgery at the earliest opportunity.
- Take the first dose of the antibiotic that your GP has provided as soon as you have collected your urine sample.
- Continue to take the full course of the antibiotics as instructed.
- Contact your GP surgery to discuss the results of your urine test. Also arrange at this point to collect another urine specimen pot and a repeat prescription for a further pack of rescue antibiotics.

What should I do if my symptoms do not improve?

- Whilst most urine infections respond well to treatment with antibiotics, if your symptoms worsen or do not improve, please contact your GP surgery straight away.
- If your GP surgery is closed dial 111.

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.