

**Patient advice and liaison service (PALS)**

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

## Urinary tract infections

### A parent's guide

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## Introduction

A urinary tract infection (UTI) is a common condition that occurs in the urinary tract (part of the body used to make and get rid of urine).

## What is the cause?

The condition can occur when bacteria from the skin or the back passage gets into the urinary tract via the urethra. An abnormal urinary system can also cause a UTI.

A UTI is not a sign that a child is unclean. The area near the back passage is a common breeding ground for germs in children.

## Symptoms

The symptoms of UTIs depend on your child's age.

For children under two years old, the symptoms are general. They include:

- Fever
- Vomiting
- Frequent or infrequent urination
- No or little weight gain
- Irritability

For children more than two years old, the symptoms include:

- Incontinence in a toilet-trained child
- Fever
- Strong-smelling urine
- Frequent urination
- Pain when passing urine
- Tummy pains
- Blood in the urine which may appear very dark in colour

## How it is diagnosed?

A urine test is usually the best way to detect a UTI. A urine sample can be obtained with a sterile pot held under the child or by collecting the urine in a bag. The sample is then examined in the laboratory. Results of the test take two to three days.

If the results of the test show that there is an infection, the hospital will get in touch with you or your GP for treatment. Sometimes the test sample may be contaminated with bugs from the child's skin or back passage. We will need to repeat the test if this is the case

## Treatment

A UTI is usually treated with antibiotics either by mouth at home or intravenously (into the vein) in hospital.

## For more information

Contact our paediatric outpatient department on 020 7288 5883.