

What you can do to help prevent a urine infection

Are you drinking enough? Look at the colour of your urine.



← Drink more →



- Drink enough fluid (6-8 glasses) so that you pass pale urine regularly during the day, and to avoid feeling thirsty, especially during hot weather .
- *Avoid drinking too many fizzy drinks or alcohol*
- There is no proven benefit of cranberry products
- *Prevent constipation. Ask for advice if needed.*



When should you get help?

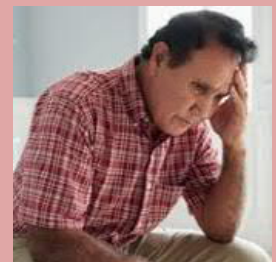
The following symptoms are possible signs of serious infection and should be assessed urgently

Contact your GP Practice or contact NHS 111 (England),

Shivering, chills & muscle pain.



Feeling confused, Drowsy or slurred speech



Not passing urine all day.



Temperature is above 38°C or less than 36°C



Trouble breathing



Kidney pain in Your back just Under the ribs



Visible blood in your urine



Very cold skin



Or symptoms not improving within 2 days of antibiotics