

Urine infections – advice for parents and carers

Paediatric Department Patient Information Leaflet

Introduction

This leaflet is for patients and carers of children with a urine infection. It tells you about:

- Urine infections
- Symptoms
- Treatment
- How you can help your child
- What happens next

What is a urine infection?

- A urine infection is often called a 'urinary tract infection' by doctors.
- It is caused by bacteria (bugs) that get into the urethra (tube leading from the bladder to the outside of the body) or bladder.
- Most infections are caused by the normal bacteria that live in the bowel.
- Some bacteria will lie around the anus (back passage) and can sometimes travel to the urethra and into the bladder.
- Some bacteria thrive in urine and multiply quickly to cause infection.

- Urinary tract infections are caused by Escherichia Coli (E.coli) bacteria in 60 to 80 per cent of cases.
- The infection is commonly just in the bladder (cystitis) but may travel higher up to also affect the kidneys.

How is a urine infection diagnosed?

A urine infection is diagnosed by collecting a sample of your child's urine and sending it to the laboratory (lab) to be tested. The sample is collected using a urine bag or your child passes urine directly into a sterile pot.

A nurse will test the urine using a 'dipstick' which may indicate an infection is present but it will be sent to the laboratory to confirm it. This test will also give information on which bacteria are causing it to ensure the correct antibiotics are prescribed. The results from the laboratory can take up to 48 hours to come back.

What symptoms will my child have?

They may have any of these symptoms:

- high temperature
- they are irritable
- lack of energy
- vomiting
- poor feeding (babies)
- abdominal pain (tummy ache)
- back pain
- pain around the area of their pelvis
- smelly and/or cloudy urine
- blood in the urine
- fits
- shakes/shivers

What treatment will my child be given?

Antibiotics will be prescribed. These may be given by mouth (oral antibiotics); or may be given intravenously (through a cannula/drip into their bloodstream) for a day or two. Your child will usually be

prescribed the antibiotics for seven to 10 days and it is very important they complete the course otherwise the infection may come back.

They will be given medicine to control a high temperature – either paracetamol or ibuprofen. It is also important for your child to drink plenty of fluids during an infection.

You must contact your GP or the Children's Ward at Russells Hall Hospital if your child has any of the following symptoms:

- Your child's temperature is not controlled by paracetamol and ibuprofen.
- Your child is refusing fluids.
- Your child has not passed urine for 12 hours or more.
- Your child is more irritable and drowsy.

You can contact the Children's Ward on **01384 244271**.

How can I help my child?

- Change nappies immediately after soiling, wiping from the front to back especially with baby girls.
- Make sure your child wears cotton underwear.
- Avoid bubble baths and perfumed soap.
- Encourage them to drink plenty.
- Help them to avoid constipation by making sure that your child eats plenty of fibre:
 - Fruit and vegetables, wholemeal bread or chapattis, wholegrain breakfast cereals, baked beans, frozen peas and sweetcorn are all good sources of fibre and often popular with children.
 - Although they need to drink plenty, avoid giving your child too much milk or squash as these can cause constipation.
 - Lots of exercise also helps.

What happens next?

Your child may need further tests or investigations as an outpatient such as an ultrasound scan or DMSA scan which is a scan that

uses a radioactive chemical to create specialised pictures of the kidneys. Your consultant will explain these to you.

Can I find out more?

The NHS Choices website has more information on urine infections:

<http://www.nhs.uk/Conditions/Urinary-tract-infection-children/Pages/Introduction.aspx>

If you have any questions or if there is anything you do not understand about this leaflet please contact:

The Children's Ward on 01384 244271

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਡਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफ़रमेशन् को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

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