



Zone Tool

Bladder Infections

Every Day:

- ✓ Keep yourself clean if you are a woman by wiping from front to back after you go to the bathroom
- ✓ Drink plenty of water
- ✓ Go to the bathroom right after you have sex
- ✓ Take the time to empty your bladder fully every time you go to the bathroom

All Clear Zone..... *This is the safety zone if you have:*

- No pain when you urinate
- No lower belly pain
- Clear urine that doesn't have a bad smell
- No fever, chills, nausea or vomiting

Warning Zone..... *Call your doctor if you have:*

- Feel like you need to go to the bathroom, but pass only small amounts of urine
- Pain or burning when you urinate
- Pain in your lower belly
- Urine that is cloudy, is pink or red, or smells bad
- Fever and chills
- Nausea and vomiting
- Back pain

Medical Alert Zone*Go to the Emergency Room if you cannot reach your doctor and have:*

- Severe dizziness or weakness
- Persistent vomiting
- Become confused or disoriented
- Fever and chills despite taking antibiotics