

# Urinary Tract Infections as a Transplant Recipient

**This leaflet provides information about Urinary Tract Infections (UTI). If you have any further questions or concerns, please speak to the staff member in charge of your care.**

## What is a Urinary Tract Infection and why have I got it?

Your immunosuppression medication increases infection risk but it is needed to maintain your transplant. Infections are often due to bacteria living on your skin, genitals or rectum. The bacteria can get into the urine through the urethra and if not controlled can spread to the kidneys and into the blood stream.

## What are the signs and symptoms?

Stinging, cloudy or smelly urine.  
Needing to pass urine more frequently.  
Lower abdominal pain.  
Raised Temperature 37.5C or above.

## Do I need any tests to confirm the diagnosis?

A urine sample can be taken by your GP or the transplant clinic.

## What treatments are available?

A simple bladder infection can easily be treated by antibiotics.

## What happens if I do not get treatment?

If the urine infection is not treated it can turn into a kidney infection (Pyelonephritis) or even sepsis which can be more complicated to manage.

## Is there anything I can do to help myself?

Drink plenty of fluids (minimum of seven glasses per day).  
Keep your genital area clean and dry, avoid sitting in soiled or wet clothing.  
Avoid constipation.  
After urinating or passing stool, clean thoroughly: wipe front to back.  
Don't hold off urinating when you need to go.  
Double void, take your time, empty your bladder completely.  
Always urinate after intercourse.  
Reduce caffeinated and fizzy drinks.  
Ensure you have your three monthly transplant clinic check-ups.

Always provide a repeat urine sample ('test of cure') on completion of an antibiotic course.

## Useful sources of information

St George's Kidney Patients Association [www.sgkpa.org.uk](http://www.sgkpa.org.uk)

National Kidney Federation [www.kidney.org.uk](http://www.kidney.org.uk) 08001690936

## Contact us

If you have any questions or concerns about a urine infection, please contact Transplant Clinic on 020 8275 2455 (Monday to Friday, 8am to 5pm). Out of hours, please contact Champneys ward on 020 8725 1080

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

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