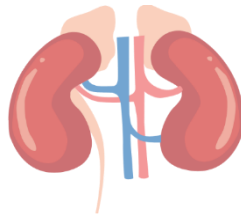




جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Urinary tract infection in children






What is Urinary tract infection?

UTI occurs when bacteria from inside or outside the body enter the urinary bladder, ureters, or kidneys.

UTI cannot spread from one person to another (non-contagious)

Anyone can get UTIs, however, they're particularly common in infants and children.

The doctor can diagnose UTI by urine analysis and culture.



How do parents know if their child has UTI?

Crying

Fever

Avoid feeding/ feeding

Changes in behavior



How do parents know if their child has UTI?

Fever

Abdominal

Dysuria

Urinary frequency

How to treat Urinary tract

1- Antibiotics:

- Given oral or intravenous “injection in hand or arm”
- It’s important to complete the antibiotic course even if patient has shown signs of improvement, otherwise the infection will not be treated.

2- Analgesics and antipyretics:

As they’re prescribed by the doctor.

3- Increase fluid intake:

By increasing feeding amount for infants or increasing fluids intake for children.



How to treat Urinary tract

In some cases e.g., recurrent infections or patient is so young, it's important to revisit the doctor after treating UTI for further assessment.

If urine culture is positive despite completing the antibiotic course, doctor may suggest doing US or CT with contrast to find the cause of recurrent/persistent infection.



How to treat Urinary tract

The infant complains of:

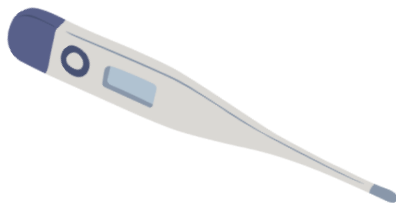
- Discomfort or crying with no clear reason.
- Persistent fever.
- Feeding problems.



How to treat Urinary tract

The infant or child has:

- Signs of dehydration e.g., oliguria, dry mouth, lips and tongue, dry eyes, few or no tears
- Diarrhea and vomiting
- Abdominal, back or flank pain
- Urine changes e.g., Hematuria or proteinuria
- Antibiotics intolerance (vomiting or dysphagia “when taking pills”)
- Dysuria/ urinary hesitancy
- Persistent fever and tiredness even after taking antibiotics for 2 days.



Can Urinary tract infection be prevented?

UTI can be prevented in some cases; however, some children are more vulnerable to have UTI than others.

Can help in preventing UTI in the following:

- Increase water intake as it can improve the kidney function.
- Encourage the child to urinate when they need to and avoid delay.
- Eat high-fiber foods to prevent constipation.
- Teach girls Wiping/cleaning from front to back (urethra to anus) to avoid spread of bacteria from anus to urethra.



References:

All the illustrations from canva.com

Reviewed by:

The content of this booklet has been reviewed by consultant nephrologists in the pediatric department at King Fahd University Hospital

Nephrology Department

Health Awareness Unit

IAU-23-417



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University