



Taking Care of Your Kidneys



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Resource Center

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Prevent and Treat Infections



MH95SD2163

You can keep your kidneys healthy.

Preventing and treating urinary (yoor-i-ner-ee) infection is one thing you can do.

This booklet will help you learn about these things:

What kidneys do.

The signs of bladder or kidney infection.

What you should do if you think you have an infection.

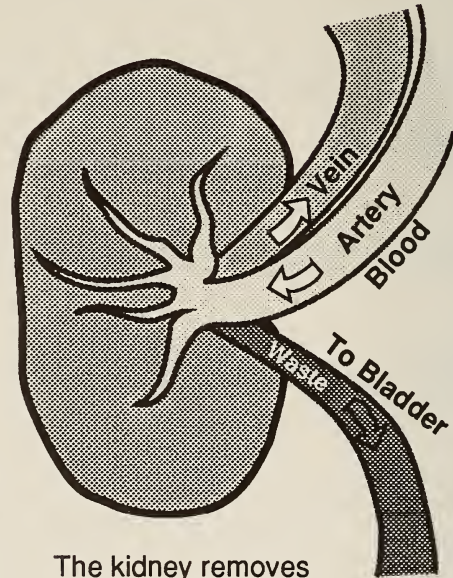
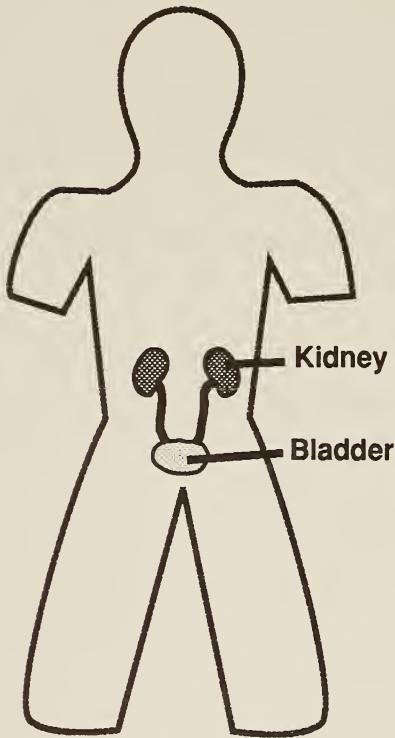
How to treat and prevent infections.

Ways to prevent kidney damage.



How do your kidneys work?

Your kidneys remove waste products from your blood, and puts them into the urine. The urine carries the waste products to the bladder. When you empty your bladder, you get rid of the urine and waste products. The kidneys and bladder make up the urinary (yoor-i-ner-ee) system.



The kidney removes waste products from the blood.



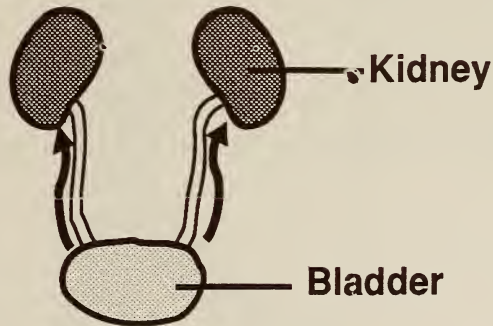
What causes damage to your kidneys?



Kidney infections can damage your kidneys. High blood pressure and high blood sugar can also cause damage. You can prevent most kidney damage.



Germs cause most infections. Infections usually start in the bladder. The infection can quickly move from the bladder to the kidneys, especially in people with high blood sugar. Treating all bladder infections right away can prevent kidney damage.



**Infections can quickly
move from the
bladder to the kidneys.**



What are the signs of a bladder or kidney infection?



- Some people have:
- fever,
 - frequent urge to urinate,
 - pain or burning when urinating,
 - discomfort in bladder,
 - ache in lower back,
 - milky, cloudy or reddish urine.

Most people will have only one or two signs of an infection. Some people will have no signs. A fever may be a sign of a kidney infection.



What should you do if you think you have a sign of an infection?



Go to the Clinic right away. An infection can cause damage to your kidneys. You can prevent kidney damage by treating all infections right away.





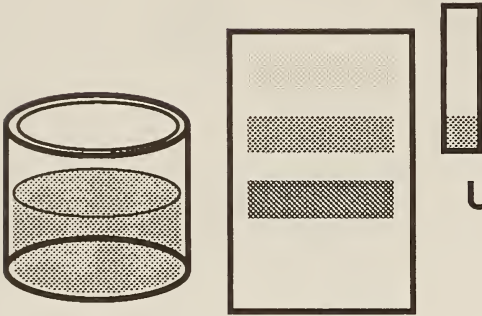
What is the treatment?

Treatment usually includes:



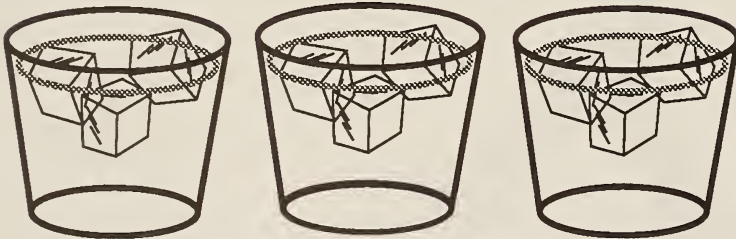
Medicine

The doctor will give you medicine for the infection. Take all your medicine, even if you feel better. The infection may come back if you stop taking your medicine too soon.



Urine Tests

The Clinic staff may want to test your urine after the medicine is done. This is to make sure the infection is gone. Come back to the Clinic for your urine test.



and Drinking Water

Drink at least six glasses of water a day.



Can you prevent infections?



Yes. You can prevent some infections.

- Urinate when you first feel the urge. Do not hold the urine in your bladder.
- Take all your medicine for any infection. Go back to the Clinic for a urine test. The test is to make sure the infection is gone.
- Keep genital area clean.
- Urinate after sex.
- Wipe from front to back after bowel movements.

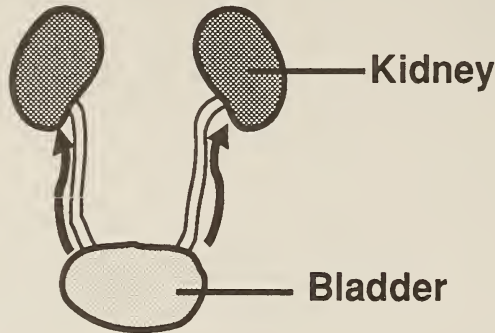


Do people with high blood sugar get more bladder infections?



Yes. People with high blood sugar tend to get more bladder infections.

Infections usually start in the bladder. The infection can quickly move from the bladder to the kidneys, especially in people with high blood sugar. Treating bladder infections right away can prevent kidney damage.



Infections can quickly move from the bladder to the kidneys.



What happens if the kidneys become damaged?



Damaged kidneys do not remove some waste products. The waste products build up in the blood. You cannot see or feel this damage. Damage occurs slowly, over many years. People with bad kidney damage may have to go on dialysis.

You can prevent most kidney damage.



What can you do to prevent kidney damage?



Treat any infection right away.

A bladder infection can move to the kidneys. A kidney infection can cause kidney damage. Treating all infections right away can prevent the damage. Talk with the Clinic staff if you have any questions.

Control your blood pressure.

If you have high blood pressure, take your blood pressure pills. Cut down on salt and salty foods. Check your blood pressure often. Ask the Clinic staff about your blood pressure numbers. A good blood pressure is below 140/90.

Control your blood sugar.

People with high blood sugar tend to get more infections. You can control your blood sugar. Lose weight if you are heavy. Eat less fat foods. Become more active.

Remember

You can prevent most kidney damage from infections.

When you think you have a bladder or kidney infection; go to the Clinic.

Tell your doctor about any signs of a bladder or kidney infection.

Take all your medicine for any infection.

Talk with the Clinic staff. They can tell you more about preventing kidney damage.

Notes

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