



Urinary Tract Infections (UTI)

What is a urinary tract infection?

A UTI is a bacterial infection in any part of your urinary tract. The urinary tract is the system in your body that makes urine and removes it from the body. It is made up of your kidneys, bladder and the tubes that connect them. You get a UTI when germs get into any part of the system and it becomes infected.

Most UTIs are bladder infections. These infections are usually not serious if it is treated properly. If you do not take care of a bladder infection, it could spread to your kidneys. A kidney infection is more serious. It is important to know the signs of a UTI so you can work with your doctor to treat the infection early.

What are symptoms of a UTI?

If you are suffering from any of the following symptoms, you may have a urinary tract infection:

- The urge to urinate often
- Pain, pressure or burning during urination
- Urine that is cloudy, dark (looks pink or red) or smells bad
- Pain in your lower back or lower ribs – this is where your kidneys are
- Feeling tired or shaky
- Fever or chills

You should call your doctor if you are experiencing any of these symptoms and think you have an infection. If you cannot reach your doctor, you can call Molina's 24-hour Nurse Advice Line at (888) 275-8750 to talk to a nurse.



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Treatment for UTIs

UTIs can usually be treated with a short course of antibiotics that can be prescribed by your doctor. Pain and the urge to urinate often may go away after a few doses of antibiotics, but it is important that you take the antibiotics exactly as you are told — even if you start to feel better. If a UTI is not fully treated, it is more likely to return.

Preventing UTIs

To help prevent getting a UTI, you should:

- Drink plenty of water
- When you go to the restroom, take time to empty your bladder as much as possible. Do not hold your urine for long periods of time.
- Wipe from front to back after going to the restroom
- Take showers instead of baths with bath products like bubble bath
- Go to the restroom directly after intercourse
- Wear cotton, loose-fitting underwear

Need Help?



You should call your doctor as soon as possible if you think you have a UTI or if you have any questions about your symptoms or treatment options. You can also call Molina's 24-hour Nurse Advice Line at (888) 275-8750.



You can call Molina toll-free at (866) 449-6849 if you need help finding a doctor, scheduling an appointment with your doctor or have questions. We can take your call Monday to Friday, 8 a.m. - 5 p.m., central time.

Molina Healthcare of Texas (Molina) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-449-6849 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-449-6849 (TTY: 711).

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-866-449-6849 (TTY: 711).