
Urinary Tract Infection



What is urinary tract infection?

Urinary tract infection (UTI) is a bacterial infection of any part of the urinary system, including the kidneys and bladder. It is often caused by bacteria from the gut system entering the urethra. The symptoms may include one or more of the following:

- Passing urine more often than usual
- Pain or burning sensation when passing urine
- Abdominal or back pain
- Nausea or vomiting
- Fever
- Unusual bedwetting/wetting during the day
- Foul-smelling, cloudy or bloody urine
- Irritability
- Loss of appetite
- Tiredness and lack of energy

However, the symptoms of a UTI may not always be obvious in young children as they may not be able to describe how they feel.

Early and accurate diagnosis and treatment are essential to prevent complications of UTI such as scarring of the kidneys or a bloodstream infection.

What should I do if I think my child has a UTI?

- Consult your child's doctor. Your child would have to undergo some tests for a proper diagnosis. Treatment usually begins soon after the urine sample has been taken.
- Give your child medication as prescribed by the doctor. Be sure to check whether the medication should be taken before or after meals. If your child vomits or refuses the medicine, notify the doctor.

- Encourage your child to drink plenty of fluids. This will help to dilute the urine and make it less painful to pass.
- Notify your child's school teacher that your child may need to use the washroom more often than usual.
- Remember to keep to your child's follow-up appointment with the doctor.
- Seek medical attention if your child feels increasingly unwell or lethargic. Admission to hospital is sometimes required, especially for very young infants.

How can I prevent my child from getting a UTI?

- For infants and young toddlers, change their diapers as soon as it is soiled, to prevent the faeces from entering the urethra.
- Ensure that your child practises good personal hygiene all the time.
- Keep your child's genital area clean. If your child is a girl, have her wipe her bottom from front to back every time she uses the toilet.
- Ensure that your child wears loose-fitting cotton underwear that is changed daily.
- Avoid using scented soaps or bubble baths.
- Encourage your child to go to the toilet regularly and not to "hold in" the urine as this can encourage bacteria to grow in the bladder.
- Ensure that your child drinks plenty of fluids and is well hydrated.
- Constipation may prevent proper urine flow. To prevent constipation, include cereals, whole-wheat bread, vegetables and fruits in your child's diet, and encourage adequate fluid intake. Do not give your child laxatives unless recommended by the doctor.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1

General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2

(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)

Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)

General Enquiry: +65 6772 5736

Appointment Line: +65 6908 2222

Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9

Operating Hours: 8am – 5.30pm (Mon to Fri)

Appointment Line: +65 6772 5030

Fax: +65 6872 4314

Email: cbccapt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899

Operating Hours: 9am – 11pm daily (including public holidays)

General Enquiry: +65 6219 1538

Email: childreucc@nuhs.edu.sg

Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,

60 Jurong West Central 3, Level 2, Singapore 648346

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg

Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,

2 Choa Chu Kang Loop, #03-01, Singapore 689687

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158

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National University Hospital

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