

Your  
Hospital's  
Logo  
Here

**DISCHARGE INSTRUCTION SHEET  
INSTRUCTIONS FOR TREATMENT  
OF YOUR  
URINARY TRACT  
INFECTION**

PATIENT IDENTIFICATION

**DATE**

Your doctor believes that you have an infection in your urinary tract. Because of the changes in your body during pregnancy, it is easier for you to get a urine infection. Your infection is not serious enough to require that you be in the hospital, but it is very important that you follow your treatment instructions, because an untreated urine infection can cause damage to your urinary tract and may cause premature labor.

1. Have your prescription filled as soon as possible.

Your medication is: \_\_\_\_\_

Dose: \_\_\_\_\_ Time: \_\_\_\_\_

2. Be sure to take your medicine as the prescription bottle label says. If you have any questions, ask your doctor or pharmacist.
3. Take your medicine until it is gone.
4. Drink 8 - 10 glasses of water a day. Cranberry juice is especially healthy for the urinary tract.
5. Always empty your bladder when the urge to go arises. Always urinate before and after sex.
6. After urinating or having a bowel movement, always clean your bottom wiping from the urine opening **BACK** toward the rectum. This will help to prevent further infections.
7. Always wear cotton underwear.
8. Call your doctor for chills, fever, persistent back pain, nausea and/or vomiting.
9. Be sure to keep your next doctor's appointment.

**SPECIAL INSTRUCTIONS**

**FINDINGS / RECOMMENDATIONS**

**I have read these instructions, and understand them as they have been explained to me.**

\_\_\_\_\_  
PATIENT'S SIGNATURE

\_\_\_\_\_  
DATE / TIME

\_\_\_\_\_  
PHYSICIAN'S SIGNATURE

\_\_\_\_\_  
DATE / TIME

\_\_\_\_\_  
NURSE'S SIGNATURE / TITLE

\_\_\_\_\_  
DATE / TIME

**WHITE** - Medical Records

**YELLOW** - Patient

**PART OF THE MEDICAL RECORD**