

URINARY TRACT INFECTIONS IN PREGNANCY

Reviewed: October 2024

Urinary tract infections (UTIs) are common in pregnancy. As pregnancy progresses, the growing baby and uterus can press on the ureter and bladder, making it harder to empty the bladder. This can trap urine and bacteria in the ureter. If untreated, UTIs can lead to complications, including preterm birth. **If you suspect a UTI, call your doctor right away!**



COMMON SYMPTOMS:

- **Pain with urination** that does not go away
- **Frequency:** needing to urinate often
- **Urgency:** feeling the sensation of urinating, but nothing is coming out

DIET & LIFESTYLE:

- Eat and drink less sugar
- Drink plenty of water, strive for eight 8-12 oz glasses each day
- Drink more unsweetened cranberry or lingonberry juice
- Avoid or drink less caffeine
- Do not ignore the urge to go to the bathroom. Empty your bladder completely each time
- Be careful with wiping after a bowel movement: wipe from front to back
- Empty your bladder before and after sex
- **Do NOT** douche or use any feminine hygiene sprays, powders or deodorants
- **Do NOT** use soaps on your genitals when bathing

TREATMENT & OVER-THE-COUNTER MEDICATIONS:

- UTI's are diagnosed from a urine sample. Urine samples are regularly taken at prenatal visits. If your doctor confirms the infection and identifies what bacteria causes it, you may get antibiotics to stop the infection.
- Ask your provider if additional supplements such as cranberry pills, or tinctures may be right for you
- Before taking Acetaminophen (Tylenol) for the pain, talk to your provider.

SEVERE UTI SYMPTOMS:

Don't wait! Call your doctor right away if you also have any of these additional symptoms

- Nausea and/or vomiting
- Chills
- Fever (even low grade, anything above 100.3°F)
- Mid-back pain. It could mean that the infection has spread to the kidneys
- Bleeding from the urinary tract

Learn more:

American College of Obstetricians and Gynecologists. Urinary Tract Infections in Pregnant Individuals: bit.ly/4oPtL5Q

American College of Obstetricians and Gynecologists. Urinary Tract Infections. bit.ly/4hdSQng