

## **Urinary Tract Infections**

Urinary tract infections (UTIs) are the most common infection after respiratory infections in children. Due to the lack of clinical symptoms or disease in many cases, the disease is not diagnosed and is diagnosed when the patient presents with complications of the disease such as increased blood and kidney failure. Urinary tract infection means the presence of bacteria in a significant amount in the urine, which may be related to the kidneys or bladder. When the infection involves the lower urinary tract, it is called simple cystitis (bladder infection), and when it involves the kidneys, it is called nephritis (kidney infection). The most common microbe that causes urinary tract infections is E. coli. When the number of this microbe exceeds the normal limit, it causes disease.

### **Symptoms**

If your child has a urinary tract infection, it is often difficult to diagnose. Symptoms can include:

- Fever, vomiting, and diarrhea
- The child may not have an appetite
- Some children have dark urine with an unpleasant odor or have difficulty urinating or have a frequent need to urinate
- The child may also complain of abdominal pain or pain when urinating

### **Causes**

- Holding urine for a long time
- Diabetes
- Not being circumcised on time
- Abnormal backflow of urine from the bladder to the ureters and kidneys (vesicoureteral reflux)
- Constipation
- Tight plastic clothing
- Congenital anomalies such as backflow of urine from the bladder to the ureter
- Kidney stones
- Pelvic tumors
- Enabling diseases such as diabetes
- Spinal cord abnormalities such as meningocele and meningocele

### **Treatment**

Sometimes treatment must be done in the hospital with intravenous antibiotics. However, continuing treatment at home and methods of preventing re-infection with urinary tract infections are of special importance.

- Sometimes surgery is used for treatment because there is an abnormality in their urinary tract.
- If the child urinates in the pelvis, they should be advised to avoid holding their urine and to have a complete bladder emptying at least 4 times a day.
- A repeat urine culture is essential one week after stopping treatment.

### **Some hygienic recommendations for preventing urinary tract infections:**

- Drink plenty of fluids
- Empty your bladder completely and promptly, especially for school-aged children
- Maintain good hygiene of underwear
- A proper diet in terms of water and food to prevent constipation
- See a doctor promptly
- Take oral medications at home on time
- Wear loose-fitting cotton underwear
- Change underwear daily
- Drink water daily and empty the bladder every two to three hours,
- treat constipation