Urinary Tract Infection (UTI)

What is a urinary tract infection (UTI)?
A urinary tract infection is caused by bacteria—usually from the rectum or genital area, including the vagina—invading the urethra and bladder.

What are the symptoms of a UTI?
Symptoms include a frequent and strong urge to urinate, the sensation of incomplete emptying of the bladder, burning or discomfort with urination, lower abdominal pain or cramping, and cloudy and/or strong-smelling urine.

How can I prevent a UTI?
- Drink eight or more glasses of fluids per day to dilute and flush out bacteria.
- Urinate often. Waiting too long can cause bacteria to multiply.
- Practice careful hygiene. Always wipe front to back.
- Empty bladder before and after intercourse.
- Avoid thong style underwear.
- Consider daily glass of cranberry juice to acidify the urine, making it more difficult for bacteria to grow.

What is the treatment for a UTI?
If the symptoms suggest and/or the urinalysis shows infection, the doctor will prescribe an antibiotic. The symptoms usually resolve within 48 hours, but it is critical to complete the entire course of antibiotics.

If symptoms do not improve within 48 hours of treatment or progress to include nausea, vomiting, back pain, and fever, contact the SHC immediately.

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