

Urinary Infection Management Zones

WHICH ZONE ARE YOU IN?

DAILY



- Urinate often when the need arises
- Practice good personal hygiene: if you are a woman be sure to wipe from front to back after using the bathroom
- Drink plenty of water as long as you aren't on a fluid restriction
- Limit caffeine

GREEN ZONE — Good to Go



- No discomfort when you urinate
- Clear yellow urine
- Urine does not smell

You're doing great! Keep it up!

YELLOW ZONE — Caution



- Pain that is not at your comfort level with your recommended treatments
- Pain or burning when you urinate
- Pain on one side of your back, under your ribs
- Urine is cloudy, smells bad and/or is reddish in color
- Hard to empty your bladder all the way, urinary dribbling
- Fever, increased weakness

Act today – Call your home health clinician or your physician.

RED ZONE — Emergency



- Temperature above 101
- Bloody urine
- Unable to urinate
- Confusion or increased confusion/sleepiness

Act now – Call your home health clinician, or your physician, or go to the ER.

Contact:

Physician Name: _____

Physician Phone: _____

Home Health: _____