Questions for a UTI visit

Use these prompts to make a primary-care, pharmacy or urgent-care conversation more useful.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Understanding the symptoms

- Do my symptoms fit bladder infection, kidney infection or another condition?
- Could vaginal, sexual-health, stone, prostate or bladder-pain causes be contributing?
- What warning signs should change the urgency?

Testing

- Do I need a urinalysis, urine culture, pregnancy test, blood test or imaging?
- How should I collect the sample, and what would a contaminated or mixed result mean?
- If I have no symptoms but bacteria are found, does that need treatment in my situation?

Treatment and follow-up

- If an antibiotic is discussed, what is the goal and how will culture results change it?
- What interactions, allergies or kidney considerations should we review?
- When should symptoms start to improve, and when should I contact the clinic again?
- Do I meet a recurrent-UTI pattern, and would prevention or referral help?

Context to mention

- Pregnancy or possibility of pregnancy
- Menopause, catheter, prostate, stones or urinary retention
- Diabetes, immune suppression, kidney disease or recent antibiotics
- Access, cost, language, transportation or privacy needs

General health information only. No question sheet can determine whether a specific treatment is right for you.

Sources

Canadian Urological Association recurrent UTI update: https://www.cua.org/sites/default/files/Professional-Development/GP%20SERIES/Update2024/rUTI_L.Campeau.pdf

Canadian Paediatric Society children's UTI stewardship statement: https://cps.ca/en/documents/position/management-urinary-tract-infections

HealthLink BC UTI in teenagers and adults: https://www.healthlinkbc.ca/healthwise/urinary-tract-infections-teenagers-and-adults

Public Health Ontario UTI Program: https://www.publichealthontario.ca/en/Health-Topics/Antimicrobial-Stewardship/UTI-Program?tab=4

Choosing Wisely Canada pathology recommendations: https://choosingwiselycanada.org/recommendation/pathology/

Government of Canada urinary health guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/health-guide/wdh-urinary-health-guide.html

Alberta Health Services recurrent UTI pathway: https://myhealth.alberta.ca/recurrent-uti-pathway/start-treatment-prevention-strategies

AUA/CUA/SUFU recurrent UTI guideline 2025: https://www.auanet.org/documents/Guidelines/PDF/2025%20Guidelines/rUTI%20Update/rUTI%202025%20Unabridged%20Final.pdf

CDC clinical overview of UTI: https://www.cdc.gov/uti/hcp/clinical-overview/

IDSA 2025 complicated UTI guideline: https://www.idsociety.org/~/link/bc125f1fa47a47b7913b884cd368e8a0.aspx

USPSTF asymptomatic bacteriuria recommendation: https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/asymptomatic-bacteriuria-in-adults-screening

NICE lower UTI guideline NG109: https://www.nice.org.uk/guidance/ng109

EAU Guidelines on Urological Infections: https://uroweb.org/guidelines/urological-infections

NHS urinary tract infections: https://www.nhs.uk/conditions/urinary-tract-infections-utis/

Harrison’s Principles of Internal Medicine, 22nd edition, chapter 140: https://accessmedicine.mhmedical.com/content.aspx?bookid=3541&sectionid=294614246