UTI symptom and culture tracker

A private worksheet for dates, symptoms, tests and questions. Do not upload or submit this document to the website.

Version	1.0	Publication date	20 November 2026
Last clinically reviewed	20 November 2026	Clinical reviewer	Dr. Eduardo Jacques
Privacy	No PHI fields, uploads or storage	Status	Clinically reviewed for publication

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

Symptom timeline

Use your own pen or private notes. Record dates rather than names, health-card numbers or other identifiers.

Date / time	Symptoms and severity	Temperature / other observations

Tests and treatment questions

Test / date	What I was told	Question for clinician

Safety reminder

Fever, flank pain, vomiting, confusion, faintness, inability to pass urine, pregnancy or rapid worsening need prompt clinical advice. Call 911 for an emergency.

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