

Urinary Tract Infection during Pregnancy



Obstetrics & Gynaecology Department

What is Asymptomatic bacteriuria and Urinary Tract Infection?

Asymptomatic bacteriuria (ASB) is the presence of bacteria in a person's urine without symptoms of infection. It can suggest that a person may have a urinary tract infection. It may also cause complications for pregnant mothers and their babies.

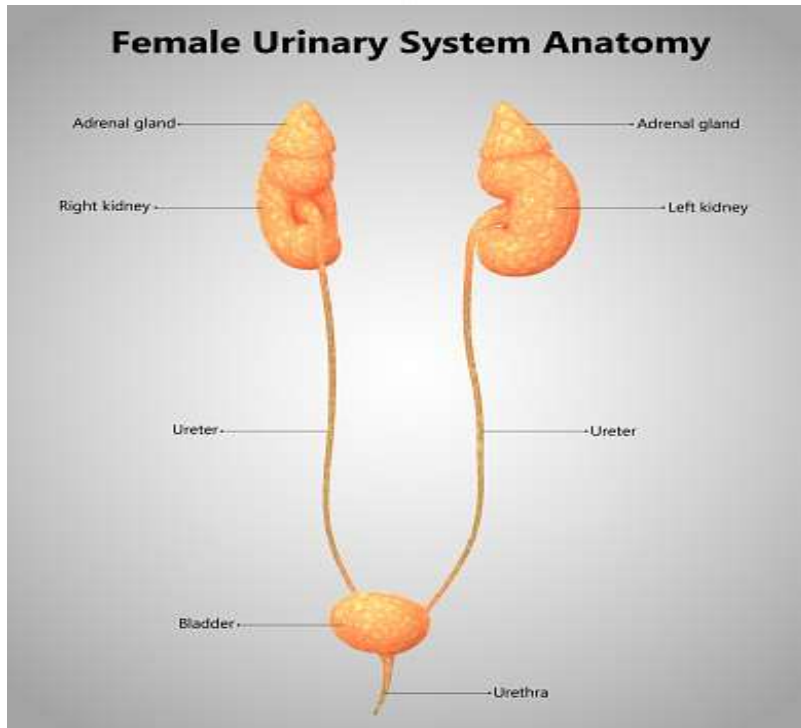
A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.

Women are at greater risk of developing a UTI than are men. If an infection is limited to the bladder, it can be painful and annoying. But serious health problems can result if a UTI spreads to the kidneys.

Why is it important to identify UTI?

Identification and treatment of Asymptomatic bacteriuria reduces the risk of preterm delivery and kidney infection (pyelonephritis). (NICE 2008).

Pregnant women are more prone than non pregnant women to urine infections. This is partly due to the hormonal changes of pregnancy which affect the urinary tract and tend to slow down the flow of urine. It also maybe that the enlarged womb (uterus) presses on the bladder and prevents it draining as well. If urine does not drain quickly from the bladder, germs are more able to multiply and cause an infection.



When is my urine checked during pregnancy?

- You will be offered a Mid-Stream Urine (MSU) test by your midwife. Treatment is advised if any bacteria are found—even if you have no symptoms.
- You will be asked to bring urine sample at each of your antenatal appointments.
- You should have your urine tested if you develop symptoms of bladder infection (cystitis) or kidney infection at any stage during pregnancy.

How do I do a mid-stream specimen of urine?

The aim is to obtain a sample (specimen) of urine from the middle of your bladder. A midstream specimen of urine (MSU) is best, as the first bit of urine that you pass may be contaminated with bacteria from the skin.

Before doing an MSU:

- Wash your hands and your genitals well.
- Hold open the entrance to the vagina (your labia)
- Once you have enough urine in the bottle, finish off passing the rest of your urine into the toilet.

Do not open the sterile bottle until you are ready to take the sample. Avoid touching any part of your genitals with the bottle, as this will increase the risk of contamination. Put the cap back on the container.

Your midwife will test with a dipstick. If any changes occur, your urine will be sent to the laboratory for culture.



What are the symptoms of UTIs during pregnancy?

Common symptoms of a UTI during pregnancy are similar to those that you might experience at any other time, and include:

- A burning sensation when you pass urine.
- Feeling the urge to urinate more often than usual
- Urinating before you reach the toilet (leaking or incontinence)
- Feeling like your bladder is full, even after you have urinated.
- Urine that looks cloudy, bloody or is very smelly
- Pain above the pubic bone



What are the common cause of UTIs?

- Infection with common bacteria in your gut, usually from faeces (poo) can contaminate your urinary tract.
- Being sexually active increases the risk of bacteria moving around the genital area and entering the urinary tract.
- If you have weak pelvic floor muscles your bladder might not empty completely, which can lead to an infection
- Women with diabetes are at increased risk of developing a UTI since the sugar in their urine may cause bacteria to multiply.

Can I prevent UTIs?

You can lower your risk of developing a UTI during pregnancy by:

- Drinking a lot of fluids, especially water
- Quickly treating any vaginal infection that may occur, including thrush or a sexually transmitted infection
- Avoiding becoming constipated



Some women have also found the following tips helpful:

- Urinate immediately after sex.
- Don't delay going to the toilet—go as soon you feel the need.
- Wipe from the front to the back after going to the toilet.
- Wear cotton underwear.



Are UTIs a risk during pregnancy?

During pregnancy, many changes occur in your body that increases your risk of developing a UTI, including changes to the make-up of your urine and immune system. As your baby grows, there is also an increase in the pressure on your bladder, which can reduce the flow of your urine and lead to an infection.

Is there a risk to my baby?

Having UTI during pregnancy can increase risk of high blood pressure and your baby may be born early and smaller than usual. For this reason, even if you don't have any symptoms, it is important to treat a UTI as soon as possible.





Contact us:



APPOINTMENT: (+973) 1775 7600

SWITCHBOARD: (+973) 1775 3333



WHATSAPP: (+973) 3687 7600

INSTAGRAM: awalihospital

FACEBOOK: Awali Hospital

E-MAIL: awali.hospital@bapcoenergies.com

WEBSITE: <https://www.awalihospital.com>

LOCATION: Bldg. 115, Road 4504, Block 945,
Awali Kingdom of Bahrain