



UTI or Something Else?™

Use your symptoms and timing to decide when testing or evaluation may be useful.



Burning, urgency and frequency can occur with a urinary tract infection, but they can also accompany vaginal irritation, GSM, pelvic-floor concerns or other bladder conditions.

Begin With What You Notice

1

Symptoms That May Fit a UTI



- Burning or pain with urination
- A sudden increase in urgency or frequency
- Lower abdominal pressure or discomfort
- Cloudy, bloody or strong-smelling urine

Symptoms alone cannot confirm an infection.

2

Clues That May Point Elsewhere



- Vaginal or vulvar dryness, itching or irritation
- Pain with touch, penetration or a pelvic exam
- Symptoms linked with a new wash, wipe or product
- Urgency or frequency that has been present for months

More than one issue can occur at the same time.

3

Ask About Urine Testing



- When symptoms are new or changing
- Before assuming repeated symptoms are another UTI
- When antibiotics have not helped
- When infections seem to keep returning

A urine test may help distinguish infection from other causes.

4

Arrange Further Evaluation



- When cultures are negative but symptoms continue
- When pain, leakage or emptying problems are present
- When symptoms occur with vaginal dryness or pelvic-floor concerns
- When the pattern affects sleep or daily life

Evaluation may include vaginal, bladder or pelvic-floor factors.

How Urgent Is It?



ROUTINE APPOINTMENT

Persistent urgency, frequency, irritation or repeated symptoms without fever or severe pain.



CONTACT A HEALTHCARE PROFESSIONAL PROMPTLY

New burning, blood in urine, worsening pain or symptoms that may need urine testing.



SEEK URGENT CARE

Fever with shaking chills, vomiting, severe back or side pain, marked weakness, confusion or difficulty passing urine.

Details to Bring



When symptoms began



Whether symptoms came on suddenly or gradually



Fever, back pain, blood or vaginal symptoms



Recent urine test or culture results



Antibiotics, vaginal products or other treatments tried



Do not use leftover antibiotics or another person's prescription. The wrong treatment can delay evaluation and contribute to antibiotic resistance.



Gentle Reminder

Menopause-related changes can increase urinary discomfort and UTI risk, but not every urinary symptom is an infection.



Martine's Midlife Wellness Tip

Ask whether a urine culture is appropriate, especially when symptoms are recurrent, unusual or have not responded as expected.



Seek urgent care for fever with shaking chills, vomiting, severe back or side pain, confusion, marked weakness or difficulty passing urine.