

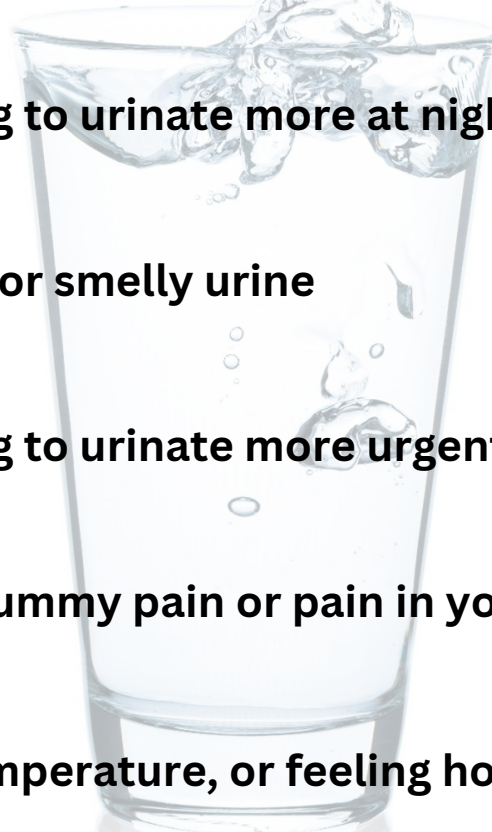
Drink up... Stay hydrated!

Helping to prevent urinary tract infections (UTI)

UTI symptoms can include:



- 💧 Pain or burning sensation when urinating
- 💧 Needing to urinate more at night
- 💧 Cloudy or smelly urine
- 💧 Needing to urinate more urgently
- 💧 Lower tummy pain or pain in your back
- 💧 High temperature, or feeling hot & shivery



Consult your pharmacy or GP
for formal diagnosis & advice

www.nhs.uk/conditions/urinary-tract-infections-utis



UTIs cannot be
reliably diagnosed
via dipsticking