**What to expect after you hand in the form and your urine sample?**

A GP will look at the form you have completed and we will test your urine sample to work out if you have an infection.

You will either get a call back from one of our admin team or a clinician with further instructions, or perhaps some follow up questions.

**What to do if you have been prescribed antibiotics?**

If your symptoms are mild you may wish to continue to drink extra fluids and wait 2-3 days to see if your symptoms settle without taking the antibiotics.

If you take the antibiotics and your symptoms do not resolve please make an appointment to speak to a GP or practice nurse.

If you develop vomiting, back pain or persistent high fevers please see a GP.

**To prevent further episodes**

**We would prefer that you didn’t get another urine infection so here are a few things you do can do to help prevent further infections.**

Drink plenty of water (1.5-2 litres per day)

Go to the toilet when you need to, try not to hold on

Avoid nylon underwear.

Do not over clean down below with feminine hygiene wipes or sprays, avoid talcum powder and prolonged baths.

Always wipe front to back.

**Finally and most importantly**

**Urinary tract infections are common in females but if you have had more than 3 urinary infections in the last year and have not discussed this previously then please do so with your GP.**