

UTIs in pregnancy

A one-page guide for pregnancy. General information, not personal advice, and not a replacement for your GP, midwife or obstetrician.

What is worth knowing

- **Any UTI symptoms: see your midwife or doctor the same day.** A UTI in pregnancy needs antibiotics that are safe in pregnancy.
- Fluid, emptying your bladder fully and, with gestational diabetes, blood glucose all affect your risk.
- Cranberry products showed little or no benefit in pregnant women in a 2023 Cochrane review.

Symptoms to watch for

Stinging or burning when you wee, needing to go more often, leaking, cloudy, bloody or smelly urine, lower tummy pain or cramping.

Signs it may be spreading

Fever above 38°C or back pain can mean the infection has reached your kidneys.

Questions to bring to your dietitian

- How much fluid is right for me, and how do I keep it up?
- How do my bowel and bathroom habits affect my risk?
- Is cranberry, or anything else, worth my money?
- What should I do if I get symptoms again?

See your midwife or doctor for any UTI symptoms. Get urgent care if you have a fever, back pain, feel very unwell, or have cramping or tightening that could be labour.

Want help that fits your pregnancy?

The UTI Prevention Consult is 25 minutes with an Accredited Practising Dietitian, by telehealth from anywhere in Australia, for \$49.

ausclin.com.au/pregnancy-uti-prevention-dietitian
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