



FROM SYMPTOMS TO SOLUTIONS: UTI CARE AT YOUR LOCAL PHARMACY

What is a UTI?

A urinary tract infection (UTI) is an infection of any part of the urinary tract. This can include the bladder, urethra, and sometimes kidneys. UTIs are common but should be addressed early to avoid complications.

What causes a UTI?

A UTI is caused by bacteria entering the urinary tract. Some things that can increase your chances of developing a UTI are:

- Being Female
- Sexual activity
- Menopause
- Incomplete bladder emptying
- Poor hydration

What are common symptoms?

Common symptoms include:



Burning or pain
when urinating



Frequent urge to
urinate



Lower abdominal
discomfort

If you notice these or other symptoms that may be related to a UTI, our pharmacists at Pharmacie Dufresne are ready to help. The service to assess and prescribe is **FREE**—Manitoba Health covers up to 3 assessments per year with a valid health card.



HOW OUR PHARMACISTS CAN HELP

All our Pharmacists can assess and prescribe treatment for uncomplicated UTIs. Visit us at Pharmacie Dufresne for:

- Quick, private assessments
- Prescription (if needed)
- Advice on symptom relief and prevention



Prevention Tips!

- Urinate after sexual activity
- Stay well hydrated
- Minimize douching, sprays, or powders in the genital area and instead opt for mild soap and water

For more info, visit
us at:

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