

## Note for Clinicians

It is recommended to start empiric antibiotics if:

1. Fever is above 38° C
2. Leukocytes are elevated (or leukocyte esterase is positive)
3. Nitrites are positive
4. Increased spasticity from baseline
5. Other symptoms: bypassing urine, autonomic dysreflexia, malaise or chills are present

Otherwise, please wait until the results of the culture are available. A positive culture is >100m/cfu. Do not use Nitrofurantoin (Macrobid) unless no other options are available, as this is less effective for complicated UTIs with underlying neurogenic bladder.

More info: [www.scireproject.com/UTI](http://www.scireproject.com/UTI)

### Referring Physician

x

### Physician Stamp/Number



Spinal Cord Injury BC

## SPINAL CORD INJURY AND NEUROGENIC BLADDER

### Information on Symptoms and Treatment

In partnership with:

Vancouver  
**CoastalHealth**  
G.F. Strong Rehab Centre

SCI BC InfoLine: 1-800-689-2477  
Connect: [info@sci-bc.ca](mailto:info@sci-bc.ca)  
More: [www.livingwithsci.ca/bladder](http://www.livingwithsci.ca/bladder)

## Common UTI Symptoms

If you have a spinal cord injury and use catheters to manage your neurogenic bladder, you should know there is an increased risk of infection in the bladder or kidneys, known as a UTI.

Know the signs of UTI and what they are for you!

- Fever over 38° C/101° F
- Unusual spasticity
- Autonomic dysreflexia symptoms (if you have an SCI above T6):
  - pounding headache, sweating above injury level, goosebumps below injury level, feeling of slow heart rate.
- Chills, unusual fatigue or a feeling of malaise
- Unusually smelly urine odour
- Unusual leaks or sudden difficulty with your bladder management routine

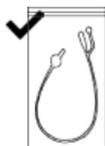
**If you have chills, back pain and one of these symptoms, see a clinician immediately!**

## How to Collect a Urine Sample

*Do NOT collect from existing catheter*



*ALWAYS use new catheter*



### Indwelling Catheters

If you have an indwelling, Foley or suprapubic catheter in your bladder and need to give a sterile urine sample, please ensure a new sterile catheter is placed before a sample is collected for a urine culture. Urine should NOT be collected from existing indwelling catheter.

### External Drainage

(i.e. with condom drainage) samples must be collected via a “clean catch” technique, using a sterile catheter or urinating into the cup directly if you’re able to.

*Do NOT collect from existing catheter*



*ALWAYS use a “clean catch”*

