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
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!*

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**Common UTI Symptoms**

**How to Collect a Urine Sample**

**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.

If you use clean intermittent catheterization (CIC), make sure to wash your hands and genitals thoroughly and use a new, sterile catheter to collect the urine sample.