

Urinary System and Your Health

Name _____

Date _____

- Drink plenty of water.
- Do not postpone going to the bathroom. Urinate often and when the urge arises.
- Keep your genital area clean.

- Empty your bladder before and after having sex.
- Wipe from front to back to prevent bacteria from the bowels (intestines) from getting into the urinary tract.
- Consider limiting your caffeine.



Green Zone: All Clear

If you have:

- ✓ Clean yellow urine
- ✓ Frequency of urination is normal for you
- ✓ No pain when you urinate

Green Zone could mean:

- ✓ You are taking steps toward your urinary health

Yellow Zone: Caution

If you have **any** of the following:

- ✓ New urinary incontinence, dribbling urine
- ✓ Feel pain or burning when you urinate
- ✓ Have a low-grade fever, feel tired, or are shaky
- ✓ Feel you need to urinate often, even if you just went
- ✓ Feel pressure in your lower belly
- ✓ Have urine that smells bad, is cloudy, or reddish
- ✓ Feel pain in your back or side below the ribs



Yellow Zone could mean:

- ✓ You may have a urinary tract infection

Call your home care nurse or primary care doctor

Name: _____

Phone: _____

Instructions: _____

If you notice a Yellow Zone Caution, work closely with your healthcare team

Red Zone: Medical Alert! Stop and Think

If you have **any** of the following:

- ✓ Red/bloody urine
- ✓ Feel nauseated or vomit
- ✓ Are unable to pass any urine
- ✓ Have mental changes or confusion
- ✓ Have a fever above 101 degrees
- ✓ Feel pain in the side, back, or groin



Red Zone could mean:

- ✓ ***You need to be evaluated by a healthcare professional immediately.***
- ✓ ***Notify your healthcare provider's office.***
- ✓ ***If you cannot reach your doctor, go to the emergency room or call 9-1-1.***

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