

Urinary tract infection: what color of urine is considered healthy?

URINARY TRACT INFECTION (UTI) IS ONE OF THE MOST COMMON TYPE OF INFECTION IN THE POPULATION, ESPECIALLY AMONG WOMEN.

This is because of the proximity between the anus and the vagina. That doesn't mean, however, that men are free of this problem, especially the older ones.



The symptoms may be different. depending on the region of the urinary tract that has been affected. If it's the bladder, it is usually called cystitis, which presents:

- · Urgency to urinate and pain when doing so
- · Having the need to urinate much more frequently
- · Pain in the lower abdomen
- · In some cases, change in the urine's odor or appearance

When the infection is in the kidneys. it is called pyelonephritis. In that case the symptoms, in addition to what was mentioned above, include:

- High fever (above 38 ° C)
- · Lumbar pain (on one or both sides)
- · Back pain

70% to 85% of urinary tract infections are caused by the bacteria Escherichia coli.

Bacteria, by the way, are usually the main reason for the development of this disease.



The color of the urine may also indicate whether there

Urethra

is a problem or not



How is the diagnosis made?

In addition to the clinical analysis of the symptoms described by the patient, some laboratory or image tests are performed, such as:



- · Urine culture
- Blood culture
- Ultrasound
- Tomography
- MRI scan





Translucid yellow: normal

Dark yellow: normal, but in need to increase water intake

Orange: may indicate dehydration, food pigmentation or liver or gallbladder problems

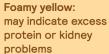


Kidney

Ureter

Amber or honey: dehydration

Bladder



Pink/reddish: may indicate kidney or prostate problem

Brownish: indicates severe dehydration or liver problem

Bluish/greenish: may be due to the presence of medication or bacterial infection

TO PREVENT INFECTIONS, STAY WELL HYDRATED AND, AT THE FIRST SIGNS OF SYMPTOMS, CONSULT YOUR DOCTOR.

