

Urinary Tract Infection (UTI) (Male)

Definition

- A bacterial infection of the bladder
- Also called cystitis

Health Information

Symptoms

- Pain, burning or stinging when passing urine
- Suspect pain if a young child starts to cry while passing urine
- The feeling of "can't wait" to pass urine may occur. This is called urgency.
- Passing urine more often than normal. This is called frequency.
- New onset of day or night-time wetting
- Pain in the lower abdomen may also be reported. If the kidney is infected, the pain is in the flank. The flank is the side right below the ribs.
- UTIs are a common cause of unexplained fevers in young children.
- The urine may be cloudy and have a bad odor. Sometimes, there is some blood in the urine.

Causes

- UTIs are caused by bacteria that travel up the urethra into the bladder.
- Sometimes, it starts with irritation of the penis opening. Bubble bath or rubbing with soap can do this.
- A rare cause is not emptying the bladder all the way. Reason: Urine that stays in the bladder too long can become infected.
- Cystitis is not common in males. This gender difference may reflect the much shorter length of the female urethra.

Diagnosis

- A clean catch urine sample needs to be tested. A UTI is confirmed by finding white blood cells in the urine. A positive culture for bacteria is also required.

Prevention of Recurrent UTIs in Boys

- When your child bathes, cleanse the genital area with warm water. (Soap is not needed until after puberty)
- Don't use bubble bath, shampoo or other soaps in the bath water. (Reason: They are irritants.)
- Drink enough fluids each day to keep the urine light-colored.
- Urinate at least every 4 hours during the day and avoid "holding back."
- Avoid constipation.

Care Advice

1. Overview:

- Bladder infections are rare in boys.
- Stool holding can be a cause. Reason: These children also often hold back urine.
- Here is some care advice that should help.

2. **Antibiotic by Mouth:**
 - UTIs need a prescription for an antibiotic.
 - The antibiotic will kill the bacteria that are causing the bladder infection.
 - Give the antibiotic as directed.
 - Try not to forget any of the doses.
 - Give the antibiotic until it is gone. Reason: To keep the bladder infection from flaring up again.
3. **Pain Medicine:**
 - For pain when passing urine, give a pain medicine.
 - Give acetaminophen (such as Tylenol) or ibuprofen.
 - Use as needed.
4. **Fever:**
 - For fevers above 102° F (39° C), give acetaminophen (such as Tylenol) or ibuprofen. Note: Lower fevers are important for fighting infections.
 - For ALL fevers: Keep your child well hydrated. Give lots of cold fluids.
5. **Give More Fluids:**
 - Give extra fluids to drink. Cranberry juice may be helpful.
 - Reason: Dilutes the urine so that it does not sting.
6. **What to Expect:**
 - Fever is usually gone in 24 hours.
 - Pain and frequency are usually much better in 48 hours.
7. **Return to School:**
 - Even if your child has a bladder infection, it cannot be spread to others.
 - Your child does not need to miss any school or child care.

Call Your Doctor If

- Pain when passing urine becomes severe
- Fever lasts over 48 hours after starting the antibiotic
- Vomiting and can't keep down the antibiotic
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

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