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Orinary 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 spreading from the rectum to the urinary tract. ☐ Consider limiting your caffeine.
Green Zone: All Clear	Green Zone could mean:
If you have: ✓ Clear yellow urine. ✓ Frequency of urination is normal for you. ✓ No pain when you urinate.	✓ You are taking steps toward your urinary health.
Yellow Zone: Caution	Yellow Zone could mean:
 If you have any of the following: New urinary incontinence, dribbling urine. Feel pain or burning when you urinate. A fever of 100.5°F or greater by mouth, or 99.5°F or greater under the arm. 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 dark yellow, pink, 	✓ 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

Feel pain in your back or side below the ribs.

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

- ✓ Red/bloody urine.
- Feel nauseated or vomit.

or reddish in color.

- Are unable to pass any urine.
- Have mental changes or confusion.
- ✓ Have a fever above 101°F 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 doctor's office.
- ✓ If you canot reach your doctor, go to the emergency room or call 9-1-1.

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