

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 spreading from the rectum to the urinary tract.
- ☐ Consider limiting your caffeine.

Green Zone: All Clear

If you have:

- ✓ Clear 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.
- ✓ 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, or reddish in color.
- ✓ 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°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 cannot reach your doctor, go to the emergency room or call 9-1-1.***

