Urinary System and Your Health

Name	Date	
Drink water when you feel thirsty	Urinate often and when the urge arises	Consider limiting your caffeine
Green Zone: All Clear	What this co	ould mean:
If you have: Vo problems urinating	✓ You are taking	steps toward your urinary health
Yellow Zone: Caution	What this co	uld mean:
 If you have any of the following: New urinary incontinence, dribbling urine Feel pain or burning when you urinate Have a fever, feel tired, or are shaky 	Call you	a urinary tract infection r home care nurse or primary care doctor
 Feel you need to urinate often Feel pressure in your lower belly Have urine that smells bad, is cloudy, or redd Feel pain in your back or side below the ribs 	ddish Phone:	
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

What this could mean:

 You need to be evaluated by a healthcare professional immediately

✓ Call 9-1-1

✓ Notify your healthcare provider's office

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