## **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:
<ul> <li>If you have any of the following:</li> <li>New urinary incontinence, dribbling urine</li> <li>Feel pain or burning when you urinate</li> <li>Have a fever, feel tired, or are shaky</li> </ul>	Call you	a urinary tract infection r home care nurse or primary care doctor
<ul> <li>Feel you need to urinate often</li> <li>Feel pressure in your lower belly</li> <li>Have urine that smells bad, is cloudy, or redd</li> <li>Feel pain in your back or side below the ribs</li> </ul>	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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