

sextalk.

answers to your questions about sex and relationships

factoid

The #1 reason cited by UA students for choosing to remain abstinent – “personal and family values”

(2002 Health & Wellness Survey, n=1281)

Q. Nearly two months ago I had a bladder infection. Just a couple nights ago, I started having the EXACT same pain while going to the bathroom, only I don't think it's a bladder infection this time because I don't feel the need to pee 24/7. Can you tell me how to get rid of this peeing pain, please!??!

A. Painful urination is not normal, and should always be followed up with a visit to a health care provider. Not experiencing a frequent need to pee does not mean that you can rule out the possibility of a bladder infection. Symptoms of a bladder infection can be any, or all, of the following:

- Burning or pain during urination
- Frequent or intense urges to urinate, even when there is little urine to pass
- Pain in the back or lower abdomen
- Cloudy, dark, bloody, or unusual-smelling urine
- Fever or chills

Through a simple urine test, a health care provider will quickly be able to tell you if the pain is caused by a bladder infection. Another possible cause of pain during urination is a condition called bladder spasms. Both bladder spasms and bladder infections can be treated with medication. To seek help for either condition, visit the Campus Health Center located at the new Highland Commons on 6th Street, just west of Highland (near the Student Recreation Center), or call to make an appointment at 621-9202.

Q. I had a urinary tract infection about 3 weeks ago (about a week after my last period). I am wondering if UTI's affect the menstrual cycle because I am now about a week and 3 days late for my period. I am not sexually active, so I don't know what's wrong. Do you have an answer?

A. In general, a urinary tract infection (UTI) and any of the medications taken to cure it should not disrupt a woman's menstrual cycle. If your period does not arrive within the next week or so, consider making an appointment with a health care provider to discuss possible reasons.

Have a question? Send it to sextalk@email.arizona.edu

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