

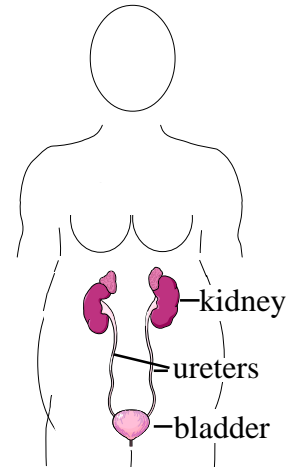
# Pyelonephritis (kidney infection) During Pregnancy



IH-I-139  
W.D. 08/01  
Pg. 1 of 2

## What is pyelonephritis?

Pyelonephritis is an infection in the kidneys. It can happen at any time during pregnancy. Most of the time, it happens between the 5th to 7th month of pregnancy. Pyelonephritis can also happen after you deliver your baby. It is easier for a pregnant woman to get pyelonephritis because the growing baby in the uterus presses against the ureters which are the tubes that carry the urine (pee) from the kidneys to the bladder). This slows down the flow of urine (pee).



## What do my kidneys do for me?

Your kidneys clean out the wastes in your blood and make urine (pee).

## You are more likely to get pyelonephritis if you:

- Have had kidney or bladder infections before.
- Are 30 years old or older.
- Have sex often.
- Have high blood sugar.
- Have diabetes.
- Have sickle cell disease, or the trait.

## What may happen when I have pyelonephritis?

You may have:

- Fever and/or chills.
- Pain in one or both sides of your lower back.
- Pain when you urinate (pee).
- A need to urinate more often than usual.
- Blood in your urine.
- Bad smelling urine.
- A strong, sudden need to urinate right away.

(over)

## What may happen if the pyelonephritis is not cleared up?

- Your baby may be born early (premature delivery).
- You may have trouble breathing.
- You may have anemia (low red blood cell count).
- You may get a bad infection of your blood.

## What is the treatment for pyelonephritis?

You will need to stay in the hospital till your infection clears up.

- You will be given IV antibiotics and fluids.
- Your blood and urine (pee) will be checked for infection.
- Your temperature will be checked often.
- You may need a sonogram to check on the baby or on your kidneys.

## When you go home:

- You will be given an antibiotic to take till the baby is born. This is so you do not get the infection again.
- You will need to come to Parkland for your pre-natal care.
- Drink 8 - 10 glasses of water a day.
- Drink 1 - 2 glasses of cranberry juice a day.
- After you go to the bathroom, clean yourself from front to back.
- Wash your hands with soap and water after you go to the bathroom, and often during the day.
- Urinate (pee) every 2 - 3 hours.
- Be sure to take all your medicines.
- Be sure to get your antibiotics refilled before they are all gone.
- Always go to your clinic appointments.



### Come to the hospital if you have:

- Fever of 100.4° F or 38° C and chills
- Bad pain in your back.
- Trouble urinating (peeing).
- Trouble breathing.
- A cough that does not go away.

