How to Prevent Infection during Pregnancy

1. Good personal hygiene and proper cleaning after urination or defecation.
2. Wiping from front to back after defecation.
3. Proper handwashing with soap under running water.
4. Drink plenty of water when pregnant, example 6-8 sachets water a day.
5. Urinate as soon as you feel like it to prevent urine staying long in the bladder.
6. Urinate before and after sexual intercourse.

Note the following

- Attend ANC regularly and follow instructions of health workers.
- Wash your hands frequently before touching food items, after eating and going to toilet or passing urine and also handling a baby or sick child to avoid infections.
- Do not treat suspected infections by yourself; visit the nearest health facility for advice.
Burden
1. Infections cause 10% and 20% of the global maternal deaths, and over a third of the 2.4 million newborn deaths that are estimated to occur each year.
2. The prevalence of the infection could be as high as 7.7% in women receiving antenatal care and 19% among pregnant adolescents.
3. About 10% and 15% of pregnant women with urinary tract infections may have any symptoms.

The commonest way of getting infection during pregnancy
1. During sexual intercourse
2. Poor cleaning of genitals and anal areas
3. Incomplete emptying of the bladder

How to know that one may have Urinary Tract Infections during pregnancy?
If a pregnant woman has any of the following, suspect that she may be infected:

- Cloudy / or strong smelling urine
- Discharge from vagina
- Blood in urine

- Frequently going to pass urine
- Pain when passing urine
- Lower abdominal pain
- Pain at the back or side of the abdomen
- Fever
- Chills
- Desire to vomit or Vomiting