UTI and Pyelonephritis in Pregnancy

Most common pathogen: *E. Coli*

Management: Follow-up cultures after treatment!

Treatment: β-lactams, Nitrofurantoin, Cephalosporins

Common due to: Smooth muscle relaxation, ureteral dilation

Complications: Preterm birth, Low birth weight, Perinatal mortality

Asymptomatic bacteriuria:

Positive urine culture (>10^5 colonies) without symptoms

- Screen during first trimester
- Must treat to avoid progression

Acute cystitis:

Positive urine culture with symptoms

- Symptoms: Dysuria, urgency, frequency
- Consider preventative antibiotics for rest of pregnancy

Pyelonephritis:

Positive urine culture with kidney infection

- Symptoms: Flank pain, nausea/vomiting, fever, CVA tenderness
- Admit to hospital for IV antibiotics
- Prophylactic antibiotics for rest of pregnancy

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