

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 could mean:

If you have:
✓ No problems urinating

✓ You are taking steps toward your urinary health

Yellow Zone: Caution



What this could mean:

If you have **any** of the following:

- ✓ New urinary incontinence, dribbling urine
- ✓ Feel pain or burning when you urinate
- ✓ Have a fever, feel tired, or are shaky
- ✓ Feel you need to urinate often
- ✓ Feel pressure in your lower belly
- ✓ Have urine that smells bad, is cloudy, or reddish
- ✓ Feel pain in your back or side below the ribs

✓ You may have a urinary tract infection

Call your home care nurse or primary care doctor

Name: _____

Phone: _____

Instructions: _____

If you notice a Yellow Zone Caution, work closely with your healthcare team

Red Zone: Medical Alert! Stop and Think



What this could mean:

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

✓ ***You need to be evaluated by a healthcare professional immediately***

✓ ***Call 9-1-1***

✓ ***Notify your healthcare provider's office***