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Pyelonephritis Disease and Laboratory Tests

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ABSTRACT

Pyelonephritis is a bacterial infection of the kidneys, which are part of the upper urinary tract. Infection is more common in middle-aged or older. Often pyelonephritis starts from bacteria in the bladder that spread upwards to the kidneys. This infection may cause potentially life-threatening damage (acute kidney injury) and even lead to bacteria entering the bloodstream. For this reason, it is important to make a diagnosis and start treatment as early as possible.

KEYWORDS

kidney infection, bladder, chills, fever.

INTRODUCTION

A kidney infection is a type of urinary tract infection (UTI). Most kidney infections are caused by bacteria or viruses that first infect your lower urinary tract, usually your bladder. Then, the infection moves upstream to one or both of your kidneys, which are part of the upper urinary tract. In some cases, you can get a kidney infection after surgery if bacteria enter your body during the procedure and travel through your blood to the kidneys. Your body has ways to defend against infections in the urinary tract. For example, urine normally flows one way from your kidneys to your bladder. Viruses or bacteria that enter are flushed out by urinating. This one-way flow of urine usually prevents an infection in your urinary tract. Learn more about your urinary tract and how it works. Sometimes your body's defenses fail and bacteria or viruses cause a UTI in the bladder. If you have symptoms of a bladder infection, see a health care professional. You may need treatment to prevent the infection from spreading to your kidneys. Kidney infections are often very painful and can cause serious health problems.

Symptoms of kidney infections vary by age. Symptoms may include

- chills
- fever
- pain in your back, side, or groin
- nausea
- vomiting

cloudy, dark, bloody, or foul-smelling urine
frequent, painful urination

Lab tests

Urinalysis. For a urinalysis, you will collect a urine sample in a special container at a doctor's office or at a lab. A health care professional will look at the sample under a microscope for bacteria and white blood cells, which the body produces to fight infection. Bacteria also can be found in the urine of healthy people, so a kidney infection is diagnosed based both on your symptoms and a lab test.

Urine culture. A health care professional may culture your urine to find out what type of bacteria is causing the infection. A health care professional can see how the bacteria have multiplied, usually in 1 to 3 days, and can then determine the best treatment.

Imaging tests

A health care professional may use imaging tests, such as a computed tomography (CT) scan, magnetic resonance imaging (MRI), or ultrasound, to help diagnose a kidney infection. A technician performs these tests in an outpatient center or a hospital. A technician may perform an ultrasound in a doctor's office as well. A radiologist reads and reports on the images. You don't need anesthesia NIH external link for these tests. Read more about imaging tests for your urinary tract.

If you have a kidney infection, a health care professional will prescribe antibiotics. Even before your test results are in, the health care professional may prescribe an antibiotic that fights the most common types of bacteria. Although you may feel relief from your symptoms, make sure to take the entire antibiotic treatment that your health care professional prescribes. Once your lab results are in, the health care professional may switch the antibiotic to one that better treats the type of infection you have. You may take these antibiotics by mouth, through a vein in your arm, called by IV, or both. If you are very sick from your kidney infection, you may go to a hospital for bed rest. A health care professional may give you fluids through an IV. If something such as a kidney stone or an enlarged prostate is blocking your urinary tract, a doctor can sometimes treat the problem with surgery or another procedure. If you recently had a kidney infection, the health care professional will often repeat urine cultures after your treatment ends to make sure your infection has completely gone away and has not come back. If a repeat test shows infection, you may take another round of antibiotics. If your infection comes back again, he or she may prescribe antibiotics for a longer time period. If your health care professional prescribes antibiotics, take all of the antibiotics as prescribed and follow the advice of the health care professional. Even if you start to feel better, you should finish all of your medicine.

All in all, many kidney infections start as a bladder infection, so preventing bladder infections may help prevent kidney infections. Scientists are still trying to understand the best ways to prevent bladder infections, but these small changes in your daily habits may help: drink lots of liquid, especially water, Wipe from front to back after using the toilet, urinate often and when the urge arises.

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