

# Pyelonephritis

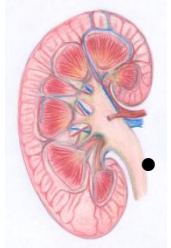
## What is it?

- **Pyelonephritis**- bacterial invasion of the kidneys
- **Acute Pyelonephritis**- corrected with urinary anti-infective
- **Chronic Pyelonephritis**- hypertension or some renal failure is common
- **Pyelonephritis**- an ascending urinary tract infection that has reaches the pyleum (pelvis) of the kidney
  - **Urosepsis**- sever infection or sepsis due to infection, a form of nephritis, also called pyelitis

## Signs and Symptoms:

- **Pyelonephritis**-dysuria/painful voiding of urine, abdominal pain, fever, rogors/violent shivering as the temperature rises, vomiting, headache, in severe cases delirium/confused or disoriented

## Facts:



- **Pyelonephritis**- most common cause of UTI (Urinary Tract Infection) usually from E Coli and leads to fibrosis, scarring, dilatation of the tubules, impair renal function; start off as lower urinary tract infection, mainly cystitis and prostatitis
- **Hippuric acid**- helps acidify urine, prunes, plums, cranberries, peanuts, corn, lentils, breads/starches, walnuts for better control of bacterial infections
- **Vitamin C**- needed to stimulate anti-infective process

## What can I do?

- **See your Health Care Provider**- control blood pressure, bladder training as needed, antibiotic treatment, urine dipstick for nitrite and leukocytes/white blood cells, urine culture, blood culture monitor for urinary incontinence, Vitamin B12 deficiency, sodium, potassium
- **See a Registered Dietitian or FFF RD on line**- for help as needed
- **Decrease**- caffeine intake- is a diuretic
- **Adequate Fluids**- force fluids unless MD instructs otherwise
- **Stress HBV (high biological value) Protein**- meats, fish, poultry, eggs, cl
- **Increase**- Vitamin A from carotenoids as orange, yellow and dark green vegetables and fruits as carrots, vegetable soup, mixed vegetables, sweet potatoes, spinach, cantaloupe, broccoli, papaya, peaches, collards, apricots

