

detecting less obvious cases of UTI.

### Nursing Tip

Another strategy for obtaining a daily urine protein is to place cotton balls in the diaper at night before bedtime and then squeeze them out in the morning

When infection is suspected, collecting an appropriate specimen is essential. It is the nurse's responsibility to take every precaution to obtain acceptable clean-voided specimens in a child who is able to void volitionally, taking care to cleanse the meatus and retract the foreskin in uncircumcised males or keep the labia separated in females. Having a young girl sit backwards on the toilet can facilitate this process, particularly the ability to obtain urine midstream, decreasing the risk of contamination. Because of the unreliability of a specimen obtained via a urine collection bag, suprapubic aspiration of urine or sterile catheterization should be done in infants and young children whose illness warrants immediate antibiotic therapy, such as high fever, vomiting, and lethargy.

Frequently, additional tests are performed to detect anatomic defects. Children are prepared for these tests as appropriate for their age. This includes an explanation of the procedure, its purpose, and what the children will experience (see [Preparation for Diagnostic and Therapeutic Procedures, Chapter 20](#)). Sometimes a simple description of the urinary system is helpful. For children younger than 3 to 4 years old, the procedure can be explained on a doll. For those who are older, a simple drawing of the bladder, urethra, ureters, and kidneys makes the procedure more understandable.

Handling actual equipment when feasible can be helpful in allaying anxiety in children of all ages. Anticipatory instruction on distraction techniques such as deep breathing, storytelling, and imagery may help the child relax and be more cooperative during the actual procedures.

Because antibacterial drugs are indicated in UTI, the nurse advises parents of proper dosage and administration. When used in low dose for prevention of UTI, parents need an explanation of the