

# Painful Urination



## When to seek same-day **medical** care

- You see blood in your urine.
- You have a fever (38.1°C and over) or chills.
- You have pain in your lower back.
- You are nauseous or vomiting.

## When to seek **professional** help

- You have trouble urinating.
- You feel as though your bladder is not emptying fully.
- You have pain in your lower abdomen when you go to the toilet.
- There is a burning or uncomfortable sensation when you urinate.
- Your urine is very dark, cloudy or smells bad.
- You have a frequent need to urinate.
- You have an urgent need to urinate despite not having a full bladder.

### How to get **help**

- 24/7, dial **811** *option 1*
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on [rvsq.gouv.qc.ca](http://rvsq.gouv.qc.ca)

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.