**Patient Self Assessment: Cystitis/Vaginitis**

The purpose of this self assessment form is to help guide the patient in recalling significant facts about the current illness, and to expedite communication in the clinical setting.

To Be Completed By Patient: Please check **all** that apply:

### Significant Medical History:
- Diabetes
- Immune compromised
- Kidney stones or kidney infections
- Urologic surgery or urologic structure abnormality
- Hospitalization or catheterization in the last 2 weeks
- More than 4 UTIs in one year
- Last UTI within 1 month
- Current pregnancy or possible pregnancy
- **None of the above _____** (initial)

### Symptoms of Urinary Infection:
- Burning with urination
- Sense of urgency with urination
- Urinating in small amounts
- Frequent urination
- Low back pain
- Pelvic pressure
- Blood in urine
- Flank or kidney pain
- Fever/chills
- **None of the above _____** (initial)
- Prior UTIs # _____ Last UTI (date)
- Other concerns__________________________

### Symptoms of Vulvar or Vaginal Infections:
- Vaginal itching/burning/irritation
- Vaginal discharge: increased or recently changed
- New onset of discomfort with sexual activity
- Vaginal odor
- Genital sores/blisters/bumps/cracking
- **None of the above _____** (initial)

- Recent antibiotic use
- Use of over the counter treatment in the past 48 hours. Name of medication:_____________________

### Sexual History:
- First day of last menstrual period:__________________________
- Date of most recent annual gyn exam:_______________________
- Sexual activity with men: never in past current
- Sexual activity with women: never in past current
- Date of last sexual encounter:_____________________________
- Birth Control Method:__________________________
- Condom use: never sometimes always
- Do you need a birth control method: yes no
- If so, which method do you prefer:____________________
- Please list any other concerns/questions__________________________

### Risks for STDs:
- New sexual partner since last STD testing
- Your sexual partner had/has another partner since last STD testing
- Sexual activity without protection, ie: condom, dam, etc. in above situations
- A change in, or unusual vaginal discharge
- Bleeding after sex
- Pelvic pain or bleeding with intercourse
- **None of the above _____** (initial)
UNCOMPLICATED URINARY TRACT INFECTION (UTI)
EXPEDITED TREATMENT OPTION

What is Uncomplicated UTI?
Urinary tract infections (UTIs) are a common problem in sexually active young women. Pain with urination, urinating frequently in small amounts and some pelvic pressure are the common symptoms of an uncomplicated UTI or bladder infection. If other symptoms occur, the infection may have spread to the kidneys or may be another problem altogether.

Many facilities treat women for uncomplicated UTIs without an examination, based on symptoms alone, and the UCSC Student Health Center provides this option in appropriate situations.

If you have had previous UTIs and/or have all the symptoms of a UTI without any complicating factors, you may request expedited treatment from the Triage Nurse. If you decide to choose this option:

- You don’t have to have a urine test and wait for results.
- You will be given a 3-day prescription to treat your UTI
- If your symptoms do not resolve within 48-72 hours or other problems develop, you must return for further evaluation.

If you are uncertain whether you have an uncomplicated UTI:

- The Triage Nurse will ask you to collect a urine specimen.
- Depending on the results of that test, you may then be treated for a UTI or be examined by a clinician to check for other problems such as vaginal infection, vulvar sores, kidney infection, sexually transmitted infections or Pelvic Inflammatory Disease.