

## 100-Question Multiple-Choice Quiz About Urinary Tract Infections (UTI)

1. What does UTI stand for?

- A. Urinary Tissue Injury
- B. Urinary Tract Infection
- C. Urethral Treatment Infection
- D. Urinary Toxic Inflammation

2. Which body system is affected by a UTI?

- A. Digestive system
- B. Respiratory system
- C. Urinary system
- D. Nervous system

3. Which bacterium most commonly causes UTIs?

- A. Streptococcus
- B. E. coli
- C. Salmonella
- D. Staphylococcus aureus

4. Which organ stores urine?

- A. Kidney
- B. Ureter
- C. Bladder
- D. Urethra

5. What is a common symptom of a UTI?

- A. Blurred vision
- B. Burning during urination
- C. Ear pain
- D. Hair loss

6. What is frequent urination called in UTIs?

- A. Polyuria
- B. Dysuria
- C. Frequency
- D. Hematuria

7. What is dysuria?

- A. Blood in urine
- B. Painful urination
- C. Kidney stones
- D. Loss of bladder control

8. Which gender gets UTIs more often?

- A. Men
- B. Women
- C. Both equally
- D. Children only

9. What is hematuria?

- A. Cloudy urine
- B. Blood in the urine
- C. Kidney swelling
- D. Excessive thirst

10. Which part of the urinary tract carries urine out of the body?

- A. Ureter
- B. Kidney
- C. Urethra
- D. Bladder

11. What color may urine become during a UTI?

- A. Bright blue
- B. Clear only
- C. Cloudy or dark

D. Purple

12. What is pyelonephritis?

- A. Bladder infection
- B. Kidney infection
- C. Liver infection
- D. Lung infection

13. Which symptom may indicate a kidney infection?

- A. Sneezing
- B. Fever and back pain
- C. Itchy eyes
- D. Tooth pain

14. What test commonly diagnoses a UTI?

- A. ECG
- B. Urinalysis
- C. MRI
- D. Vision test

15. What are white blood cells in urine usually a sign of?

- A. Healthy kidneys
- B. Infection
- C. Dehydration only
- D. Diabetes only

16. Which medicine commonly treats bacterial UTIs?

- A. Antibiotics
- B. Antacids
- C. Antihistamines
- D. Steroids only

17. Why is finishing antibiotics important?

- A. To improve sleep
- B. To fully eliminate infection
- C. To prevent hunger
- D. To reduce allergies

18. What does recurrent UTI mean?

- A. Infection occurring repeatedly
- B. Permanent kidney failure
- C. Viral illness
- D. Temporary dehydration

19. Which habit may help prevent UTIs?

- A. Holding urine for hours
- B. Drinking plenty of water
- C. Avoiding urination
- D. Skipping hygiene

20. Why should people urinate after sexual activity?

- A. Improve digestion
- B. Flush bacteria from the urethra
- C. Lower blood pressure
- D. Improve sleep

21. What is cystitis?

- A. Kidney infection
- B. Bladder infection
- C. Lung disease
- D. Skin infection

22. Which symptom is common in bladder infections?

- A. Chest pain
- B. Pelvic pressure
- C. Blurred vision
- D. Nosebleeds

23. What can untreated UTIs potentially lead to?

- A. Hair growth
- B. Kidney infection
- C. Improved immunity
- D. Better hydration

24. Which group is at higher risk for UTIs?

- A. People with urinary catheters
- B. Marathon runners only
- C. Musicians
- D. Dentists only

25. What is the role of the kidneys?

- A. Produce hormones only
- B. Filter waste from blood
- C. Store food
- D. Control vision

26. Which symptom is NOT typical of a UTI?

- A. Burning urination
- B. Frequent urination
- C. Sore throat
- D. Cloudy urine

27. Can men develop UTIs?

- A. No
- B. Yes
- C. Only elderly women
- D. Only children

28. What is asymptomatic bacteriuria?

- A. Bacteria in urine without symptoms

- B. Severe kidney failure
- C. Blood infection
- D. Urine blockage

29. Which population often requires treatment for asymptomatic bacteriuria?

- A. Healthy teenagers
- B. Pregnant women
- C. Athletes
- D. Teachers

30. Which beverage may irritate the bladder during a UTI?

- A. Water
- B. Herbal tea
- C. Caffeinated drinks
- D. Milk only

31. What is urgency in a UTI?

- A. Sudden strong need to urinate
- B. Kidney swelling
- C. Lack of appetite
- D. Fever only

32. Which imaging test may evaluate complicated UTIs?

- A. Ultrasound
- B. Hearing test
- C. ECG
- D. Colonoscopy

33. What does a urine culture identify?

- A. Bone density
- B. Type of bacteria causing infection
- C. Blood pressure
- D. Vision changes

34. What can increase UTI risk in women?

- A. Shorter urethra
- B. Longer fingernails
- C. Taller height
- D. Curly hair

35. Which hygiene method is recommended after using the toilet?

- A. Back to front wiping
- B. Front to back wiping
- C. No wiping
- D. Circular wiping only

36. Can dehydration contribute to UTIs?

- A. No
- B. Yes
- C. Only in winter
- D. Only in children

37. Which symptom may occur in elderly people with UTIs?

- A. Confusion
- B. Improved memory
- C. Better balance
- D. Increased appetite only

38. What is a urinary catheter?

- A. Kidney stone
- B. Tube draining urine
- C. Bladder muscle
- D. Surgical stitch

39. What does nocturia mean?

- A. Nighttime urination

- B. Blood in urine
- C. Painful urination
- D. Urinary blockage

40. What is a major complication of untreated kidney infections?

- A. Sepsis
- B. Better immunity
- C. Improved digestion
- D. Weight gain only

41. Which bacteria are naturally found in the intestines?

- A. E. coli
- B. Influenza virus
- C. Malaria parasite
- D. Candida only

42. What is a common pediatric UTI symptom?

- A. Fever
- B. Baldness
- C. Nosebleeds
- D. Hearing loss

43. Which factor raises UTI risk in men?

- A. Enlarged prostate
- B. Exercise
- C. Reading books
- D. Wearing hats

44. What can urinary retention cause?

- A. Easier bladder emptying
- B. Increased UTI risk
- C. Better kidney function
- D. Lower infection risk

45. Which pregnancy-related change can increase UTIs?

- A. Faster bladder emptying
- B. Hormonal changes slowing urine flow
- C. Stronger immunity only
- D. Reduced kidneys

46. Can UTIs be caused by viruses?

- A. Rarely, yes
- B. Never
- C. Only in adults
- D. Only after surgery

47. Which urine finding may suggest infection?

- A. Nitrites
- B. Calcium only
- C. Vitamin C only
- D. Low glucose only

48. What is flank pain?

- A. Pain in the side or back
- B. Headache
- C. Chest tightness
- D. Hand cramp

49. Which habit may worsen UTIs?

- A. Staying hydrated
- B. Delaying urination
- C. Good hygiene
- D. Urinating regularly

50. What is one goal of UTI treatment?

- A. Reduce bacteria
- B. Increase fever

- C. Stop kidney function
- D. Increase dehydration

51. Which symptom may indicate severe infection?

- A. Chills and fever
- B. Sneezing only
- C. Itchy skin only
- D. Mild hiccups

52. What is a ureter?

- A. Tube carrying urine from kidneys to bladder
- B. Urine storage organ
- C. Muscle only
- D. Digestive tube

53. Can diabetes increase UTI risk?

- A. No
- B. Yes
- C. Only in children
- D. Only in athletes

54. What is the urinary tract's main function?

- A. Digest food
- B. Remove waste and excess fluid
- C. Produce oxygen
- D. Control balance only

55. Which symptom often occurs with bladder irritation?

- A. Lower abdominal discomfort
- B. Blurred hearing
- C. Tooth sensitivity
- D. Hair loss

56. Can sexual activity increase UTI risk?

- A. Yes
- B. No
- C. Only in men
- D. Only after age 80

57. What does "complicated UTI" mean?

- A. Mild temporary infection
- B. UTI with higher risk factors or structural problems
- C. Viral cold
- D. Skin rash only

58. Which symptom may occur in infants with UTIs?

- A. Poor feeding
- B. Baldness
- C. Improved sleep only
- D. Muscle growth

59. Can kidney stones increase UTI risk?

- A. No
- B. Yes
- C. Only in children
- D. Only women

60. What does cloudy urine often indicate?

- A. Healthy kidneys
- B. Possible infection
- C. Better hydration
- D. Low blood pressure

61. Which symptom requires urgent medical attention?

- A. Mild thirst
- B. High fever with back pain
- C. Temporary hiccups

D. Dry lips only

62. What is antibiotic resistance?

- A. Antibiotics becoming stronger
- B. Bacteria surviving antibiotics
- C. Viral infection
- D. Increased hydration

63. Which practice helps avoid antibiotic resistance?

- A. Sharing antibiotics
- B. Taking antibiotics correctly
- C. Stopping early
- D. Using expired medicine

64. What may happen if a UTI spreads to the bloodstream?

- A. Sepsis
- B. Hair growth
- C. Better immunity
- D. Improved digestion

65. What is incontinence?

- A. Inability to control urination
- B. Kidney enlargement
- C. Blood infection
- D. Strong immunity

66. Which vitamin-rich fruit is often associated with urinary health?

- A. Cranberries
- B. Bananas
- C. Potatoes
- D. Mangoes only

67. Do cranberry products cure active UTIs?

- A. Always
- B. No
- C. Only in men
- D. Only severe infections

68. Which urine odor change may occur with UTIs?

- A. Sweet floral smell only
- B. Strong or foul odor
- C. No odor ever
- D. Mint smell

69. What is the best fluid for hydration during UTIs?

- A. Water
- B. Soda
- C. Alcohol
- D. Energy drinks

70. Can UTIs occur without fever?

- A. No
- B. Yes
- C. Only children get fever
- D. Only kidney infections lack fever

71. What is one reason older adults may get more UTIs?

- A. Stronger immunity
- B. Bladder emptying problems
- C. Better kidney function
- D. Increased hydration

72. Which urine sample is often preferred for testing?

- A. First few drops only
- B. Midstream clean-catch sample
- C. Saliva sample
- D. Stool sample

73. Can UTIs cause fatigue?

- A. Yes
- B. Never
- C. Only in athletes
- D. Only children

74. What is one symptom of pediatric UTIs?

- A. Irritability
- B. Baldness
- C. Ear swelling
- D. Increased height

75. Which medical condition may mimic UTI symptoms?

- A. Kidney stones
- B. Broken finger
- C. Migraine only
- D. Asthma only

76. Can menopause affect UTI risk?

- A. No
- B. Yes
- C. Only during pregnancy
- D. Only teenagers

77. What is one symptom of urethritis?

- A. Burning urination
- B. Hair loss
- C. Sneezing
- D. Chest tightness

78. Can dehydration make urine more concentrated?

- A. Yes

- B. No
- C. Only in athletes
- D. Only in children

79. What is bacteriuria?

- A. Bacteria in the urine
- B. Blood pressure problem
- C. Kidney failure
- D. Excess hydration

80. What is a major goal of prevention strategies?

- A. Reduce bacterial entry into urinary tract
- B. Increase dehydration
- C. Delay urination
- D. Increase sugar intake

81. Can hygiene products irritate the urinary tract?

- A. Yes
- B. No
- C. Only soap
- D. Only toothpaste

82. Which symptom may accompany severe UTIs?

- A. Nausea and vomiting
- B. Improved appetite
- C. Sneezing
- D. Itchy scalp

83. Which urinary tract structure filters blood?

- A. Bladder
- B. Kidneys
- C. Urethra
- D. Ureter

84. What is one sign of dehydration?

- A. Dark urine
- B. Clear urine always
- C. Increased sweating only
- D. Strong hair growth

85. Which bacteria test helps identify proper antibiotics?

- A. Culture and sensitivity test
- B. ECG
- C. MRI scan
- D. Allergy patch test

86. Can stress directly cause UTIs?

- A. Not directly
- B. Always
- C. Only severe stress
- D. Only in children

87. What is one benefit of early UTI treatment?

- A. Prevents complications
- B. Increases infection spread
- C. Causes dehydration
- D. Weakens kidneys

88. What may cause repeated UTIs?

- A. Structural urinary abnormalities
- B. Healthy kidneys
- C. Drinking water
- D. Good hygiene

89. Can fever occur with lower bladder infections?

- A. Sometimes
- B. Never

- C. Always severe
- D. Only children

90. Which symptom suggests bladder irritation?

- A. Pelvic pain
- B. Sneezing
- C. Ear ringing
- D. Hair thinning

91. What is one preventive benefit of urinating regularly?

- A. Flushes bacteria
- B. Causes dehydration
- C. Weakens kidneys
- D. Raises infection risk

92. Can UTIs become life-threatening?

- A. Yes, if severe or untreated
- B. Never
- C. Only in teenagers
- D. Only after surgery

93. Which symptom may occur with severe kidney infections?

- A. Shaking chills
- B. Better hearing
- C. Dry scalp
- D. Blurred taste only

94. Which lifestyle factor helps urinary health?

- A. Proper hydration
- B. Holding urine
- C. Excess alcohol
- D. Poor hygiene

95. What may happen if bacteria remain in the bladder too long?

- A. Infection worsens
- B. Better immunity develops
- C. Stronger bladder muscles
- D. Lower bacteria count automatically

96. What is the medical term for painful bladder syndrome?

- A. Interstitial cystitis
- B. Pneumonia
- C. Arthritis
- D. Tonsillitis

97. Can some UTIs require hospitalization?

- A. Yes
- B. Never
- C. Only children
- D. Only athletes

98. Which factor may weaken the body's ability to fight UTIs?

- A. Immune suppression
- B. Hydration
- C. Exercise only
- D. Reading books

99. What is one reason urine tests are important?

- A. Confirm infection
- B. Improve vision
- C. Strengthen bones
- D. Lower cholesterol

100. Why is education about UTIs important?

- A. Encourages prevention and early treatment
- B. Increases infections
- C. Causes dehydration

D. Eliminates kidneys