



IMPORTANT INFORMATION for SOONERCARE CHOICE MEMBERS

Your doctor will give you a phone number you can call 24 hrs. a day, 7 days a week.

Call that number before you to the ER if you are experiencing an urgent matter.

CONTACT YOUR DOCTOR IMMEDIATELY if you have these symptoms:

- Pain in your upper back or in the side just under the rib cage, especially if you have other symptoms associated with a urinary

Contact your doctor to make an appointment if you have these symptoms:

- Feeling the need to urinate often but you pass small amounts of urine when you go.
- Pain in the lower abdominal area as well as feeling pressure in the pelvic area.
- Painful Urination
- Blood in the Urine
- Nausea, shaking, chills, fever and vomiting, especially if you have other symptoms associated with a urinary tract infection.

- Burning feeling when urinating. another reason, or was prescribed for another person.

- Things you can do to help manage your urinary tract infection:

- Drink plenty of water to help flush out bacteria.

- Drink cranberry juice. (Studies show cranberry juice may keep bacteria from attaching to the wall of the bladder).

- Eat pineapple. (This may help you recover from urinary tract infections).

- Avoid coffee, alcohol, and soft drinks. (These irritate the bladder and increase the need to urinate).

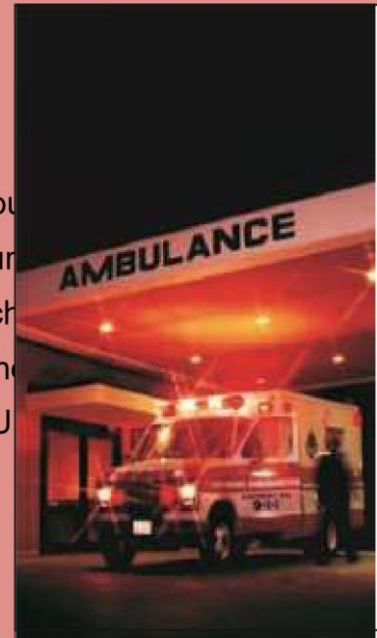
- Children with painful urination, frequent urination, and/or urinary accidents need to be seen within 48 hours of initial symptoms, especially if the child has a fever over 101 degrees (Fahrenheit).

REMEMBER: Go to the Emergency Room only if:

- Your doctor directs you to do so.

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- Due to unusual circumstances beyond your control, you cannot reach your doctor AND your symptoms match those listed in the CONTACT YOUR DOCTOR IMMEDIATELY section.



Central Communities Health Access Network

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Yukon, OK 73085

www.cc-han.com