

# URINARY TRACT INFECTION

## UTI

### WHAT DO I DO NOW THAT I HAVE ONE?

- ❖ Take the prescribed medication, as directed
- ❖ Drink plenty of water – 8 cups/day
- ❖ Avoid fluids that irritate the bladder, such as alcohol, citrus juices, and caffeine.
- ❖ If prescribed, take pyridium/Azo-Standard for pain, as directed – be aware that it will turn your urine bright orange

### WHAT CAN I DO TO PREVENT FUTURE INFECTIONS?

- Drink plenty of water every day - frequent urination flushes bacteria out the bladder
- Urinate when you feel the need; don't resist the urge to urinate- holding urine in the bladder increases the chances of infection
- Wipe from front to back to prevent bacteria around the anus from entering the vagina or urethra
- Take showers instead of tub baths
- Cleanse yourself before and after sexual intercourse to help clear the area of potential infection-causing bacteria
- Avoid using feminine hygiene sprays, scented douches and bubble bath, which may irritate the urethra
- Urinating immediately after sexual intercourse may help eliminate any bacteria that may have been introduced during intercourse
- Drink Cranberry or blueberry juice, but **not** the sugar-sweetened variety; choose one sweetened with an apple or grape juice. These juices have antibiotic properties that interfere with the bacteria's ability to adhere to the bladder or urethral tissue. Drink at least 16 ounces a day for a preventative and therapeutic effect. -