

RECURRENT URINARY TRACT INFECTIONS

Urinary tract infections (UTI) or bladder infections are a common occurrence. Typical signs are urgency, urinary burning, and frequency, sometimes blood in the urine. A urine culture is important to make sure you are treated with the correct antibiotics.

Greater than 4 UTIs in 12 months is considered recurrent UTIs. The evaluation may include a pelvic exam, catheterized urine sample, cystoscopy (look into bladder with a camera), and kidney ultrasound.

BASIC PREVENTION TIPS

1. AVOID thongs when possible.
2. AVOID OR CHANGE pads frequently
3. INCREASE water intake
4. URINATE at least every 3 hours
5. URINATE before & after intimacy
6. USE baby wipe or pour water over the area as you void after intimacy

TRIAD OF PREVENTION		
Probiotics daily	D-Mannose or ClearMax	RESTORE vaginal health
Taking a daily probiotic can keep bacteria more balanced in the gut, rectum, and vagina. Options: Align, Culterelle, BioTe Multi-strain Probiotic (available in office)	D-Mannose 500-1000 mg 2x daily or ClearMax 2x daily Coats the walls of bladder and makes less likely for bacteria to adhere. (Clearmax is available in office)	Vaginal atrophy or thinning can change the pH. Vaginal hormone cream 3-4x per week to opening can restore health of tissue, pH, and reduce bacterial imbalance.

Sometimes you will be advised to take an antiseptic or antibiotic after intimacy.

Sometimes you will be given urine sample cups, lab slips, and emergency antibiotics for home.

At the first sign of **UTI symptoms**, increase your D-Mannose or ClearMax to 2 pills in am and pm. If symptoms persist, urinate in the cup, and get to a lab within 24 hours. You may store in refrigerator. Once you have urine in the cup, you may start emergency antibiotics.

Make sure you write your name and date of birth on the cup and slip before you go into the lab. Inform them, that we have instructed you to bring urine for culture for suspected UTI.