PREVENTION OF URINARY TRACT INFECTIONS

The suggestions below all work to maintain a healthy urinary tract and “flush” bacteria out of the bladder before they can cause infection. **Be sure to see your physician regarding these problems in addition to following these suggestions.**

- Stay well-hydrated. Drink 6-8 glasses of water throughout the day.
- Empty your bladder when you need to urinate, rather than “holding it.”
- Women should wipe from front to back and dry well after emptying the bladder.
- Empty the bladder completely after sexual intercourse. This helps flush bacteria out of the bladder and urethra.
- Avoid wearing moist, wet or sweaty clothing for long periods of time.
- Avoid using harsh soaps, or fragrances in the perineal area. Those products cause dryness, and disrupt the pH of the vagina, allowing “bad” bacteria to grow there.
- Avoid constipation. There is an association between constipation and recurrent UTIs. Good bladder health depends on good colon health. If you suffer from constipation, take enough of a daily fiber supplement like Metamucil to have one large, well-formed bowel movement per day.
- Avoid the overuse of antibiotics. Check with your doctor and make sure you really have a UTI before taking an antibiotic for one.

**UTI PREVENTION SUPPLEMENT**
- Take a daily UTI prevention supplement with 36 mg PAC. It’s important that the product you take lists PAC (proanthocyanidin) on the package. Drinking 8 oz of cranberry juice (at least 27% juice) also contains 36 mg PAC, but you have to keep up with it every day and make sure you’re drinking a juice with at least 27% cranberry.
- Two supplements available in the United States with PAC are:
  - ellura (www.myellura.com) - one pill has 36 mg PAC
  - Theracran (www.theralogix.com) - two pills have 36 mg PAC

- For urinary tract infections that occur after sexual intercourse:
  - Use the restroom and urinate after sexual intercourse. This will flush bacteria out of your bladder.
  - There is no need for you or your partner to shower or bathe before or after sex. The bacteria getting pushed into your bladder lives naturally around your vagina. Extra washing will only cause irritation and make things worse.
  - The best prevention is to take **two ellura tablets** before sex and **two** the day after.

**DAILY PROBIOTIC**
This helps the “good” bacteria in the vagina and colon, preventing both UTIs and constipation. Check any health food store and ask for a probiotic for bladder health. A good one is called Floragen 3. There are many other good probiotics for bladder health.

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