

Recurrent UTI Tips and Tricks

Definition: More than 3 documented urinary tract infections (UTIs) in one year, or 2 or more UTIs within 6 months.

Prevention Strategies:

- Drink plenty of fluids. We recommend that you drink at least 6-8 glasses (8 oz) of water each day, as water is necessary to dilute the urine.
- Do NOT hold your urine. Urinate when you feel the urge to appropriately flush out bacteria from the bladder.
- Wash the perineal area (between the vagina and rectum) with mild, unscented soap
- Wipe from front to back after urinating or having a bowel movement
- Take showers instead of tub baths
- Avoid feminine deodorants, sprays, and douches
- Avoid scented toilet paper, bubble baths, and lotions
- Change tampons and sanitary napkins frequently
- Avoid tight fitting clothing (tight jeans, bodysuits, pantyhose)
- Wear cotton underwear

Sexual Intercourse: the most common cause of UTIs

- Avoid contraceptive diaphragms and spermicides (use an alternative form of birth control)
- Use a sterile lubricant (like KY Jelly) to avoid bruising the urethra
- Urinate immediately after intercourse
- Take one antibiotic pill either just before or right after intercourse
 - Macrobid 100 mg
 - Keflex 250 mg
 - Bactrim DS one pill