

## **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

**Prescription Medications:**

- Antibiotics course: \_\_\_\_\_

*Remember to take all the pills that are prescribed. Do not stop taking the antibiotics just because you feel better.*

- Pyridium 100 mg by mouth daily for 3 days. This may turn your urine orange
- Uribel one capsule by mouth up to 4 times per day as needed. This may turn your urine blue.
- Estrogen vaginal cream as prescribed.
- Methenamine hippurate 1 gram by mouth twice daily
- Low Dose Antibiotics: Take one pill daily for the next 3-6 months
  - Nitrofurantoin (Macrobid) 100 mg
  - Bactrim DS one pill
  - Keflex 250 mg
  - Trimethoprim 100 mg
  - Other: \_\_\_\_\_
- Self start antibiotics: Start as soon as you experience symptoms of a UTI
  - Nitrofurantoin (Macrobid) 100 mg twice a day for 5 days
  - Bactrim DS one pill twice a day for 3 days
  - Cipro 250 mg twice a day for 5 days
  - Other: \_\_\_\_\_

**Over the Counter (OTC) Medications:**

These medications may prove beneficial in preventing recurrent UTIs by preventing the adherence of bacteria to the bladder wall/urinary tract.

- Cystex 2 tablets by mouth 4 times per day
- Cranberry pills 600 mg- 1200 mg per day
- Cranberry juice (100% pure juice) 10 ounces per day
- D-Mannose 2 grams daily. Take with 6-8 ounces of water