

Advice to Decrease the Risk of Urinary Tract Infections

YOU SHOULD:

- Drink 2 liters or more per day
- Urinate every 2-3 hours during the day (“timed voiding”)
- Take a **cranberry supplement** along with a **D-mannose supplement**. Cranberry contains proanthocyanidin (PAC)
 - Recommended dosage of at least 36 mg PAC every day
 - Some recommended cranberry brands
 - Ellura
 - Utiva
 - D-mannose is separate pill to take along with these
 - Combination brands (may be more expensive)
 - U-tract complete (Cranberry + D-mannose)
 - Uqora
 - Flush: D-mannose + Vitamin C + potassium citrate
 - Defend: Green Tea, Vitamin D, Turmeric
 - Promote: vaginal probiotic
- Take 1,000 mg of Vitamin C daily twice daily

- Use lubrication with sexual activity
 - If you ARE using condoms, use “All Natural Astroglide”
 - If you are NOT using condoms, use coconut oil
 - UberLube, silicone based lubricant

- Urinate before AND after sexual activity

- first line prevention in postmenopausal women is **vaginal estradiol cream**
 - pea sized amount applied to vaginal opening/ urethra every night x 2 weeks then every other night or 2 times a week

AVOID:

- Avoid constipation (Metamucil powder daily; or Miralax for no more than 1-2wks)
- Avoid baths
- Avoid spermicidal lubricants (with or without latex condoms)

****If you feel like you are getting an infection, make SURE to get a urine analysis with microscopic exam AND a urine culture. ****