

## Recurrent bladder 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.

### **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
7. TAKE Antiseptic (Prosed, Urelle, or Uribel) or Antibiotics after intimacy
8. **TAKE Probiotics daily** (pill forms-Align, Culturelle, or Trader Joes Acidophilus Super Complex (least expensive) and/or Yogurt-with live cultures)—for bacterial balance in intestines & vagina
9. **TAKE D- Mannose** supplement 400-500 mg in am and pm for prevention (coats the bladder). **ClearMax** is available at my office for your convenience.
10. USE dab of **estrogen cream at urethral/vaginal opening 3x week** for tissue health (if advised).

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.

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