

**Conservative Urinary Tract Infection (UTI) preventative measures: while data to support these measures is somewhat limited they are unlikely to be harmful so are worth trying.**

- Vit C 250mg at bedtime (can be chewable)
- Probiotics (sold over the counter) or a daily serving of yogurt
- Daily cranberry tablet with at least 35mg of PACs listed on the bottle
- D-mannose: 1 teaspoon or 1 gram daily for UTI prevention and 2-3 grams daily with UTI symptoms
- Keep fluids to 60-80 oz daily and empty bladder every 2-3 hours while awake.
- Always get a urine culture when you have UTI symptoms prior to starting antibiotics. Try to avoid taking antibiotics unless your culture results show a bacterial infection.
- The additional of vaginal estrogen cream can also help prevent recurrent urinary tract infections if you are postmenopausal and have vaginal atrophy.

If you are diagnosed with 2 or more UTIs in 6 months or 3 or more in 1 year we often recommend starting you on a preventative antibiotics.