

Recurrent Urinary Tract Infections

Patient Worksheet

Tripler Army Medical Center

Division of Urogynecology

Definition: More than three documented urinary tract infections in a year

Drink Plenty of Fluids!

Drink 6 to 8 glasses (8 ounces each) of water a day.

Water is necessary to dilute the urine; and urinating approximately 5-7 times each day will flush out any bacteria from the bladder

Cranberry Juice

10 ounces a day has been shown to reduce recurrent urinary tract infections

Sexual Intercourse: *This is the most common cause of urinary tract infections in women*

- 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 just after intercourse

- Macrochantin 100mg
- Bactrim DS
- Keflex 250 mg

Personal Hygiene:

- * Wash the perineal area (between the vagina and the rectum) with mild unscented soap
- * Use toilet paper from front to back only after urination or bowel movement
- * Avoid feminine deodorants, sprays, douches
- * Avoid perfumed toilet paper, bubble baths
- * Change tampons and sanitary napkins frequently
- * Urinate whenever you have the urge
- * Avoid tight clothing (tight jeans, bodysuit, pantyhose)
- * Wear cotton underwear (not nylon)

Medications:

Antibiotics : *Remember to take all the pills that are prescribed. Do not stop taking antibiotics when you feel better.*

Further options may include:

- Pyridium 200mg three times a day (after meals) for 2 days
(This will turn your urine an orange color, and it can stain clothing)
- Vaginal estrogen cream for atrophic vaginitis
- Prophylactic antibiotics which would be administered over several months
- Self-treatment.

Be sure to report any symptoms of UTI to your physician so that a urine culture can be obtained to confirm the type of bacteria causing your symptoms!!!