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
☐ Macrodantin 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

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!!!