

URINARY TRACT INFECTION (UTI)

1. Take any prescribed medication as directed and continue the antibiotic until it is all gone. DO NOT stop taking the medicine, even if your symptoms have disappeared.
2. Keep your genital area clean. Always wipe yourself from front to back. Use white toilet tissue.
3. Always wash yourself and empty your bladder before and after intercourse.
4. Avoid chemical irritants such as perfumed sprays, bubble bath, powder, etc.
5. Keep your clothing cool and loose. Avoid tight jeans, nylons, and non-ventilated pantyhose. Avoid nylon underwear. Wear cotton or cotton-lined underwear.
6. Add yogurt to your diet. It contains beneficial bacteria which will help keep harmful bacteria under control.
7. Drink plenty of water to flush your urinary tract of bacteria.
8. Drink cranberry juice in addition to water. Cranberry juice provides an acidic environment in the bladder which inhibits the growth of bacteria.
9. Re-check your urine in two weeks if recommended by your health care provider. This may be done at your physician's or health care provider's office.
10. Frequent infections require follow-up with a physician to be sure there are no kidney problems which may result in kidney damage.
11. A urine culture may be done to determine the type and severity of your infection.

Pyridium is sometimes prescribed to help with discomfort with Urinary Tract Infection. When taking Pyridium, the urine will be orange or red in color. Do not be alarmed, this is normal.

- When taking Pyridium, anything that your urine comes in contact with may become stained, i.e., clothing.
- Discontinue taking Pyridium if your skin color or sclera (whites of your eyes) becomes yellow. Notify your physician immediately.

Report to Doctor if:

1. If fever develops
2. If you experience increased pain with urination
3. Pain develops in your lower back or sides
4. You notice blood in your urine
5. Persistence of symptoms 24 to 48 hours after administration of medication begins