Conservative Management for Recurrent UTI’s

1. Be sure to drink enough water. Intake will vary by person and activity levels. Your urine should be clear to pale yellow, if not time to start drinking!
2. Avoid constipation.
3. Go without underwear at night.
4. Always urinate after intercourse.
5. Don’t douche.

Supplements for Bladder Health

Cranberry tablets (not juice!)

-120mg cranberry powder daily or at fist sign of symptoms.

-Best for prevention of infections specific to e-coli

Vitamin C

-500mg/daily

-More is not better >3000mg increases risk for kidney stone formation

D-Mannose

1-2g/daily

-Prevents more broad spectrum bacteria from binding.

-Again, more is not better, more than 2g/day may cause diarrhea.

Probiotics

-Help to repopulate the good bacteria of the urogenital tract

Vaginal Estrogen for perimenopausal women.