

## Recurrent Urinary Tract Infections

- Drink lots of water every day- 40 ounces
- Change sanitary napkins often with menses. Do Not wear pantliners daily if you don't have your period
- Do not use douches, feminine hygiene sprays or Norform suppositories
- Urinate when you have the urge, do not hold your urine, and void frequently, every 3-4 hours during the day
- Avoid constipation
- Keep the urine acidic with cranberry juice (unsweetened), cranberry pills, or Vitamin C (1000 mg) daily
- If diabetic, maintain good blood sugar control
- Wipe from front to back
- Avoid excess caffeine and alcohol
- Consider vaginal estrogen to treat vaginal dryness
- Wear cotton underwear, do not wear thongs
- If you are shaving your pubic hair, decrease the frequency and leave some pubic hair around your vaginal opening
- Avoid condoms coated with spermicide. If you are using latex condoms, try polyurethane or lambskin condoms
- Drink plenty of water after intercourse