

Guidelines for women with recurrent urinary tract infections

- You should **drink 2 to 3 liters a day**; this will allow you to urinate every 2 or 3 hours approximately. Holding urine and “holding it” for more than 4 or 5 hours strains your bladder capacity, makes you not empty your bladder completely, and eventually impairs your bladder contraction.
- You must take your time in the toilet to complete urination and ensure complete emptying of the bladder, including abdominal pressure.
- You must urinate before and after each sexual intercourse.
- The genital area should be washed only once a day, with soaps with a pH of 5 or 5.5, from the vagina to the anus and drying the area well.
- You should **never** treat yourself with antibiotics. If you have symptoms of urine infection (pain when urinating, urinating more often, urinary urgency, etc.) you should collect urine correctly (not necessarily the first thing in the morning), deliver it to a laboratory and request a visit to our office.
- The urine sample will be analyzed for SEDIMENT and CULTURE; the result of the first one is in 15-30 minutes, and then the family doctor, the emergency room doctor or any doctor guided by the last positive culture that he had saved (with a specific antibiogram) can give him an antibiotic treatment that will improve him.
- The CULTURE result will be in 2 or 3 days; with it we will know what bacteria causes the infection and what antibiotics work (and which ones do not). With this culture you should go to our consultation to guide the type, pattern and duration of treatment. Failure to perform these steps correctly can generate **RESISTANCE TO ANTIBIOTICS**. You will enter a vicious circle of poorly cured or persistent infections.
- You can complete your diet with a glass or two of **cranberry juice** or syrup a day, also in tablets (herbal shops and pharmacies).
- When you have a urine infection, you should **NOT** have sex for 10 days afterward.
- If you are a menopausal woman, applying an estrogen cream daily to the labia minora and urinary meatus will protect you from infections.