

NIPAWIN HOSPITAL

URINARY TRACT INFECTION (Cystitis, Pyelonephritis, Pyeleitis)

INSTRUCTIONS:

- Women - avoid hot tub baths, especially bubble baths. Shower with antibacterial soaps - avoid perfumed soaps.
- Clean perineal region carefully, wipe from front to back after urination and after each bowel movement (If possible use soap and water to clean following).
- Empty bladder before and after intercourse.
- Avoid prolonged bladder distension - empty bladder every 4 - 6 hours.
- Need to take extra fluids to 3000 ml. daily unless your Doctor tells you not to.
- Avoid coffee, tea, cola beverages, alcohol and pepper. (Can use decaffeinated drinks).
- Avoid taking over the counter medications without checking with your doctor.
- Wear cotton underpants.
- Avoid any material or combination of clothing that increase perineal moisture.
- Treat vaginal discharges promptly
- Avoid use of feminine hygiene sprays.

Report to your Doctor any signs or symptoms like the following:

- Burning
- Frequent urination
- Urine that is becoming cloudy
- Foul smelling or bloody urine