

## **ADVICE FOR PATIENTS WITH RECURRENT URINARY TRACT INFECTIONS**

- Increasing fluid intake (water or squash) helps flush through the system and helps prevent invasion of the bladder by micro-organisms. Urine outputs in 24 hours should be around 1600mls and the urine should look clear rather than yellow. Ideally you should get up at night to pass urine once at least.
- Avoid caffeine. Caffeine is found in tea, coffee, coke, diet coke and red bull type drinks. Caffeine is a bladder irritant and also dehydrates the body. Please switch to decaffeinated varieties of drinks, tea and coffee.
- Avoid constipation. Food such as eggs and bananas are known to cause constipation. Keeping well hydrated also helps.
- A small glass of cranberry juice per day or cranberry tablets (which can be obtained from health food shops) has been clinically proven to reduce the number of urinary tract infections.
- There is anecdotal evidence that live bio yoghurt may reduce urinary tract infections.
- There is anecdotal evidence that passing urine after sex reduces urinary tract infections.
- 'Cystem' is a preparation that may be helpful in some sufferers following a course of antibiotics for urinary tract infection. It can be obtained over the counter at most pharmacies.