**Advice to Decrease the Risk of Urinary Tract Infections**

**YOU SHOULD:**

* Drink 2 liters or more per day
* Urinate every 2-3 hours during the day (“timed voiding”)
* Take a **cranberry supplement** along with a **D-mannose supplement**. Cranberry contains proanthocyanidin (PAC)
  + Recommended dosage of at least 36 mg PAC every day
  + Some recommended cranberry brands
    - Ellura
    - Utiva
  + D-mannose is separate pill to take along with these
  + Combination brands (may be more expensive)
    - U-tract complete (Cranberry + D-mannose)
    - Uqora
      * Flush: D-mannose + Vitamin C + potassium citrate
      * Defend: Green Tea, Vitamin D, Turmeric
      * Promote: vaginal probiotic
* Take 1,000 mg of Vitamin C daily twice daily
* Use lubrication with sexual activity
  + If you ARE using condoms, use “All Natural Astroglide”
  + If you are NOT using condoms, use medical grade mineral oil
  + UberLube, silicone based lubricant
* Urinate before AND after sexual activity

**AVOID:**

* Avoid constipation (Metamucil powder daily; or Miralax for no more than 1-2wks)
* Avoid baths
* Avoid spermicidal lubricants (with or without latex condoms)

\*\***If you feel like you are getting an infection, make SURE to get a urine analysis with microscopic exam AND a urine culture. \*\***