



Urinary Tract Infection (UTI) Prevention: Patient Tips

Risk Factors

- Age-related changes in immune function
- Bladder or bowel incontinence
- Catheter use
- Cognitive impairment
- Menopause

Ways You Can Prevent a UTI

- Drink more fluids, especially water; water helps dilute the urine and leads to urinating more often allowing bacteria to be flushed from the urinary tract before an infection can begin
- Consider taking a probiotic
- Eat fermented foods, such as yogurt, kefir, sauerkraut, or tempeh
- Go to the bathroom as soon as you feel the need and be sure to empty your bladder completely
- Wear breathable cotton underwear and loose-fitting bottoms
- Take a high-quality cranberry supplement with at least 36mg of Proanthocyanins (PACs) may help prevent infections (better than drinking cranberry juice)

 <p>Female</p> <ul style="list-style-type: none">✓ ALWAYS wipe from front to back✓ Avoid douching✓ Choose showers over baths✓ Avoid harsh or scented soaps, feminine hygiene sprays, bubble baths, perfumed bath oils, scented powders, scented tampons and scented pads✓ Estrogen replacement therapy	 <p>Male</p> <ul style="list-style-type: none">✓ Wash under foreskin if uncircumcised✓ Take prostate medications as prescribed; can improve urinary flow and reduce the risk of infections
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UTI Tools and Resources

[How to Prevent UTI: 9 Ways to Avoid a Urinary Tract Infection](#) (HealthLine)

[Not All Infections Need Antibiotics](#) (AHRQ)

