Premier
Wound Care
&
ID Specialist

UTI Prevention Tips and Facts

FACTS

1. According to the American Academy of Family Physicians, 30% to 44% of people develop a second UTI within six months of their first one.
2. About 75% of UTIs are caused by E.coli which is natural found in the stool
3. Kidney or bladder stones may place you at higher for recurrent UTIs. These stones can harbor infection
    a. Following up with a urologist to find out to properly manage your kidney stones
4. Not emptying your bladder all the way when you urinate (urinary retention), or holding in your urine for an extended period of time. Bacteria can grow in your bladder if you hold urine in for too long. Do not hold in urine for more than 3 to 4 hours.
    a. Post void residual bladder scan or ultrasound can determine this.
5. Urinary catheterization. This is a procedure that drains urine from the bladder using a catheter. This can be done multiple times per day or an indwelling catheter
    a. Clean well before insertion and using a new catheter each time. Limited time of need for an indwelling catheter if possible
6. Diverticulum or pockets connected to the urethra. These small pouches can bulge out the urinary trac and hold bacteria.

7. Nervous system conditions that affect the bladder. This includes neurogenic bladder (when the bladder does not work the way it should). It's caused by tumors in the brain or spine.
8. Dehydration can place you at higher risk for getting a UTI.
    a. Aim for 2-3 liters per day

Facts for Females

1. Menopause or vaginal dryness. A lack of estrogen in the vagina makes it easier for harmful bacteria to grow. Estrogen is a hormone that helps keep a healthy vaginal pH and normal flora. The normal flora is all the microorganisms and viruses that live in a part of the body that are beneficial.
    a. Premarin or estrogen cream topically

    Hormone replacement does have risk. Talk to your doctor

    - Breast cancer
    - Blood clots

    - Gallbladder disease
    - Heart attack
    - Stroke
2. Sexual intercourse (sex). Bacteria from the vagina can get pushed into the urethra during sex.
    a. Urinate before and after sex. After sex cleanse with water or antiseptic wipes
3. Using spermicide**.** Spermicide is birth control to stop sperm from getting to an egg. It can kill off the helpful good bacteria in the vagina.
    a. Choose an alternative form of birth control
4. Douching**.** Douching is washing or cleaning the inside of the vagina. This is most often done with water or other mixtures of

fluids. Douching can lower helpful bacteria in the vagina and change vaginal pH.

   a. Avoid douching if you can.

5. Inadequate hygiene. Not wiping well enough after a bowel movement can cause bacteria from the rectum to get into the urethra. This can also happen if you have diarrhea (loose or watery poop) or fecal incontinence.
   a. Wiping front to back helps keep the bacteria away from the urethra
   b. Anti-septic wipes or showering after a bowel movement to reduce bacterial burden
6. Taking baths instead of showers can increase risk if UTIs

Prevention Tips

1. Stay Hydrated
2. Wipe front to back
3. Shower after bowel movement
4. Use antiseptic wipes
5. Empty bladder completely
6. Take over the counter cranberry or D-mannose
   a. Monitor blood sugars as this can increase glucose levels
7. Taking a low dose of one of the antibiotics used to treat UTI is the most common way of dealing with recurrences
8. Methenamine prophylaxis or Urex: Along with vitamin C,can help acidify the urine. If the urinary pH remains acidic, preferably less than 5.5, the bladder converts the methenamine to formaldehyde. A recent systematic review found methenamine to be an effective and well-tolerated prophylactic antimicrobial agent. A glomerular filtration rate (GFR) is <10 mL/min is a contraindication. If you have chronic kidney disease this may not be right for you.