

The Center for Men's and Women's Urology
24076 SE Stark Street, Suite 310
Gresham, OR 97030
www.centerforurology.com

Recurrent Urinary Tract Infection Prevention Protocol

- Adequate hydration
- Avoid excessive amounts of dietary sugar (address blood sugar control if diabetic)
- Avoid tub bathing and hot tubs
- Avoid spermicide and diaphragm use -- Proceed with caution with IUD insertion (for females) if you are prone to Urinary tract infections!
- Address incomplete bladder emptying if present
- Avoid use of Baby wipes after bowel movements and sexual intercourse. Warm, soapy water is the best! Be sure to wash with warm, soapy water after every bowel movement (if possible). Change any pads that are soiled with fecal material and wash yourself with warm, soapy water.
- Wipe front to back after every bowel movement.
- Empty your bladder after sexual intercourse and wash off with warm, soapy water
- Be sure to wash any sexual enhancement devices properly after every use and avoid the use of flavored lubricants.
- Avoid Anal intercourse followed by vaginal intercourse.
- May use a hair dryer to gently dry genitals after bathing. Avoid the use of tight clothing and wet clothing.
- Hydrotherapy (Spray hot water on the vaginal area for 1 minute followed by cold water for 30 seconds when showering)
- Adherence Prevention: **Strongly Recommended to use all supplements together!**
 1. **D-mannose**: 2g daily in divided doses (this helps to re-build the lining of the bladder)
 2. **Cranberry isolate/proanthocyanidins** (Ellura dosing below)* (Helps to acidify the urine)
 - a. **Prophylaxis**: 1 cap daily
 - b. **Post-coital**: 2 caps before or after intercourse, and 2 the following day
 - c. At first sign of symptoms: 2 caps daily x 2 days
 3. **Berberine**** (Berberine-500, Thorne; Berberine Complex, Integrative Therapeutics): 1-2 caps twice daily (natural antibacterial activity against a few strains of common bacteria that cause UTIs)
 4. **Marshmallow Root Tea or Extract**: Daily (this has anti-inflammatory properties)
- Address vaginal ecology and pH
 1. Treat vaginitis if present (Candida, BV, etc.)
 2. Vaginal Lactobacillus suppositories: Insert 1 pv 2-3 nights weekly

- Address gastrointestinal ecology
 1. Treat constipation, diarrhea, IBS
 2. *Oral probiotics* (L. rhamnosus, L. reuteri, L. acidophilus, Bifidobacterium sp.)

Examples:

- a. Pro-5, Klaire Labs (25 billion CFU): 1 caps daily
 - b. FemDophilus, Jarrow (5 billion CFU): 1-2 caps daily
- *Vaginal estrogen* (post-menopause): (Helps to acidify the vaginal tissue and make it more healthy)

Examples:

 1. Compounded estriol: 0.5-1mg pv qhs x 2 weeks, then twice weekly
 2. Estrace/Premarin/Vagifem/Estring
 3. Compounded estradiol

* Proven more effective in pre-menopausal population

** Also effective for treating E. Coli in the gastrointestinal tract. Choose when concomitant GI symptoms.

- All products named specifically undergo third-party testing for quality assurance
- Natural medications can be found at most health food stores (**Natural Grocer's, New Seasons, Whole Foods**) or ordered through **Amazon.com**.