**Recurrent UTI’s**

**Preventing recurrent UTIs** — Women with recurrent urinary tract infections may be advised to take steps to prevent bladder infections, including one or more of the following:

* **Changes in birth control** — Women who develop frequent bladder infections and use spermicides, particularly those who also use a diaphragm, may be encouraged to use an alternate method of birth control.
* **Cranberry products** — Taking cranberry juice or cranberry tablets has been promoted as one way to help prevent frequent bladder infections. However, this has not been proven in clinical studies.
* **Drinking more fluid and urinating after intercourse** — Although studies have not proven that drinking more fluids or urinating soon after intercourse can prevent infection, some healthcare providers recommend these measures since they are not harmful. Drinking more fluid may help to wash out bacteria that enter the bladder.
* **Postmenopausal women** — Postmenopausal women who develop recurrent bladder infections may benefit from using vaginal estrogen. Vaginal estrogen is available in a flexible ring that is worn in the vagina for three months (eg, Estring®), a small tablet (Vagifem®), or a cream (eg, Premarin® or Estrace®).

**Antibiotics** — A preventive antibiotic treatment may be recommended if you repeatedly develop bladder infections and have not responded to other preventive measures. Antibiotics are highly effective in preventing recurrent bladder infections and can be taken in several different ways.

* Preventive antibiotic – You can take a low dose of an antibiotic once per day or three times per week for several months to several years.
* Antibiotics following intercourse – In women who develop urinary tract infections after sex, taking a single low dose antibiotic after intercourse can help to prevent bladder infections.
* Self-treatment – A plan to begin antibiotics at the first sign of a bladder infection may be recommended in some situations. Before starting this regimen, it is important that you have had testing (urine cultures) to confirm that your symptoms are caused by a bladder infection; some people have symptoms of a bladder infection but do not actually have an infection.

**Things you can try at home**

* **Cranberry Tablets:** 1 Tablet (300-400 mg, depending on manufacturer) twice daily
* **Lactobacilli:** Vivag, EcoCag, 1capsule daily by vagina for 5 days, then once weekly 10 weeks
* **Vitamin C/ascorbic Acid:** 1-3 g orally 3-4 times daily
* **Behavioral changes:** Adequate hydration, voiding after sex