

# UTI Treatment

## FREQUENT SIGNS & SYMPTOMS

- Sometimes, no symptoms are obvious especially when pregnant.
- Burning sensation during urination.
- Feeling the urge to urinate when the bladder is practically empty.
- A nagging type pain in the lower abdomen.
- Cloudy and unpleasant, foul-smelling urine.
- Blood in the urine.
- Leaking urine.

## PREVENTIVE MEASURES

- Drink plenty of fluids (8 glasses of water a day).
- Empty bladder immediately before and right after sexual intercourse.
- Wipe from front to back after a bowel movement.
- Don't postpone urination. Urinate when you feel the need.
- Drink plenty of unsweetened, pure cranberry juice to keep the urine acidic and not alkaline.
- Maintain good hygiene. Wear cotton panties or none.
- If a UTI is suspected, tell your midwife.

## BENEFICIAL DIETARY SUPPLEMENTS

- Drink unsweetened cranberry** juice (can be diluted) and/ or take 500mg every 4 hours in capsule or tablet form.
- Vitamin C with bioflavonoids** 500 mg every 3 hours, not Emergen-C packets.
- Probiotic** supplements 3x daily during infection and for at least 30 days after infection clears. Unsweetened yogurt can be eaten in addition to supplements.
- Uva Ursi leaf** herbal tea. This can be made by taking 1 oz. of the herb and place them in a jar, pour boiling water over the herb and cover. Let stand for 4 hours or overnight. Drink 1/4 cup 4 times daily for prevention and 1/2 cup daily for an active infection. Or take 1 dropperful of tincture 3x daily.
- Use **corn silk** as an infusion, fresh or dried. In urinary tract infections, take 1 cup, (8 fl oz) three times a day. . As a tincture take 50 drops three times a day for conditions such as cystitis.

## ACTIVITY

- Avoid sexual intercourse when symptoms are present.

## DIET

- Eat a well balanced pregnancy diet and avoid sugar including fruit, refined foods and flours.
- Drink plenty of water approximately 3 quarts per day.
- Avoid sugars, coffee, black tea, soda and alcohol during treatment as these tend to promote bacterial growth.

## MEDICATION

Antibiotics may be prescribed if other alternative therapies do not eradicate the infection. It is important to complete full dosage even if the symptoms disappear. In some cases, when a UTI recurs, antibiotic treatment may be recommended for the remainder of the pregnancy.

### NOTIFY YOUR MIDWIFE IF...

- You have symptoms of a urinary tract infection.
- Symptoms do not disappear or worsen following the first 2 days of treatment.
- You develop fever, chills or back pain.
- You have not had a follow-up urine test to be sure the infection is eradicated.