

Urinary Tract Infection (UTI) Prevention in Women

1. **Summer's Eve** Vaginal pH balancing Daily Cleansing wash **AND** Summer's eve Cleansing cloths (void after intercourse and use 1 cloth to clean)
 - a. Other brands - Uqora vaginal wash
2. **D-Mannose** 1000mg daily for UTI suppression
 - a. **Uqora.com** – take two “DEFEND” pills daily -OR- the powder version called “FLUSH” a few times per week. * If over age 50, also purchase “PROMOTE” (which is a probiotic specifically designed to balance vaginal flora).
 - b. **Ellura cranberry supplement B** - solvwellness.com
 - c. **AZO Products** from pharmacy– but **specifically** one that has D-mannose **OR** Methenamine (check the box). Do not use one with Phenazopyridine 100mg for daily use – that medicine is only for bladder pain during UTI (and only for maximum 3 days).
3. **Estrace cream 0.01%** – Apply once daily with your finger for 2 weeks. Use a pea sized amount on your finger and put into vaginal opening. After the first 2 weeks, continue using two to three times per week. The American Urology Association guidelines for GSM (Genitourinary Symptoms of Menopause): “For patients with GSM and recurrent urinary tract infections, clinicians should recommend local low-dose vaginal estrogen to reduce the risk for future UTIs...Clinicians should inform patients of the absence of evidence linking low-dose vaginal estrogen to the development of breast or uterine cancer”
4. **Estrogen Alternatives:**
 - a. **Luvena** vaginal moisturizer and lubricant (can buy over the counter)
 - b. **Via moisturizer for her** by Solvwellness – hyaluronic acid, vit E and vit C, jojoba oil
 - c. **Revaree**– Hyaluronic acid vaginal insert to moisturize vagina (for vaginal dryness).
5. **Self-start antibiotics** – A 3-5 day course of antibiotics is sufficient for an uncomplicated female UTI. You can also take one pill after intercourse prophylactically to prevent a UTI from coming on. If possible, please call the office to leave a urine specimen prior to starting any antibiotics. Can also use 2 D-mannose pills (or 2 cranberry pills) after intercourse.
6. **Probiotics** find one with “Lactobacillus Acidophilus” in it. **Vaginal Probiotics** support a healthy vaginal pH and help ward off bacteria from entering the urethra. Helps with vaginal itching, irritation, burning, and to prevent UTI's.
 - a. “Promote” by Uqora (Uqora.com)
 - b. “Private Party” (combination Probiotic + Cranberry by HUM (humnutrition.com/products))
7. **Hiprex (Methenamine Hippurate)** - 1g twice a day (prescription). Taken with 500 mg of Vitamin C daily.
8. In some cases, we may recommend a low dose of an antibiotic taken every day for prevention. This is called “chronic suppressive prophylaxis”.
9. Increase water hydration