

UTI Prevention Guide

Practical measures for recurrent urinary infections

Helpful habits

- Drink adequate fluids unless you have a fluid restriction.
- Do not routinely hold urine for long periods.
- Urinate after sexual activity if this helps your recurrence pattern.
- For women, wipe front to back after toileting.
- Avoid unnecessary antibiotics and obtain urine testing when recurrent or complicated infection is suspected.

Fever, flank/back pain, vomiting, pregnancy, male UTI, recurrent infection, blood in urine or severe illness needs medical assessment rather than self-treatment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.