



Discharge Instructions

URINARY TRACT INFECTIONS (UTIS)

Common symptoms include burning when urinating, urinary urgency or frequency, foul smelling urine, suprapubic pressure, or dull lower back pain.

UTIs can lead to preterm contractions and/or pyelonephritis which can lead to sepsis. As women, we are already at a higher risk due to our short urethra. Therefore, it's important that we do our due diligence to decrease the likelihood of occurrence.

- Make sure you consume at least eight glasses of water a day.
- Decrease your sugar intake.
- Urinate at first urge, do not wait.
- Make sure to completely empty your bladder every time. Always wipe front to back.
- Always urinate before and after intercourse. Do not penetrate the vagina after anal sex.
- If you're prescribed an antibiotic, make sure you take it as ordered and finish the whole prescription.