



CENTRAL MARYLAND UROLOGY ASSOCIATES

Hints on Avoiding Recurrent Bladder Infections

CENTRAL MARYLAND UROLOGY ASSOCIATES, P.A. ■ MEDICAL PAVILION AT HOWARD COUNTY ■ 10710 CHARTER DR, SUITE 130 ■ COLUMBIA, MARYLAND 21044 ■ 410-772-7000

Listed below are some helpful hints on avoiding recurrent bladder infections. If your symptoms or infection persists be sure to call us at 410-772-7000.

1. Wear cotton underwear.
2. Avoid tight clothing.
3. Do not wait to go to the bathroom. Visit the bathroom at regular intervals.
4. Don't rush when urinating.
5. Empty your bladder completely.
6. Drink a significant amount of water to help flush out the bladder.
7. Avoid scented creams, soaps, bubble baths, and laundry detergents.
8. Take showers instead of baths.
9. Avoid spermicidal jellies and lubricants, douches, and feminine hygiene sprays.
10. Void within one half hour of intercourse.
11. Wipe from front to back after using the toilet.
12. If you are diabetic, monitor yourself regularly to control your blood sugar.
13. Taking two cranberry pills a day may help prevent infections.