

UTI Prevention Guidelines for Females

Wipe from the front to the back.

Void bladder after intercourse.

Do not use personal hygiene sprays, lotions, anything in the genital area.

Use only cotton underwear.

Do not to take hot, long baths.

Do not use any bathing oils or foams or salts in the bath.

Do not wash hair in shower/bath. Wash in basin, rinse shampoo away and then bath/shower.

Cranberry juice or blue berry juice has a preventative effect on bladder infections.