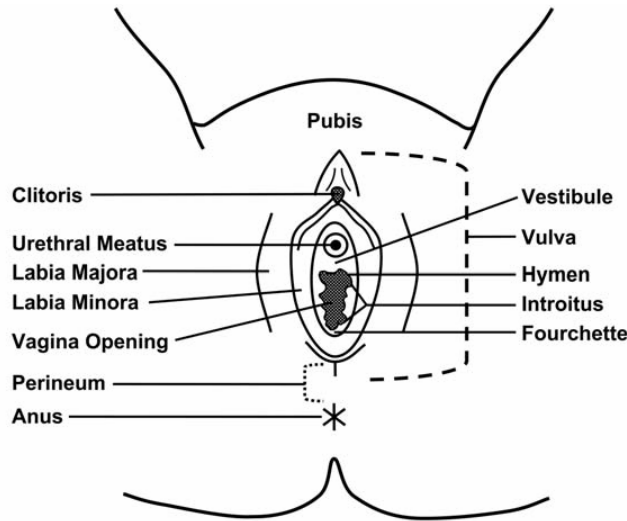


Preventing Bladder Infections

Here are some ways for you to prevent getting bladder infections.

Practice Good Personal Care

- Wash your hands before and after going to the bathroom.
- At least once each day, wash your genital area with a mild soap. Wash your hands with soap and water and wash the skin around your anus.
- Women should wipe from *front to back* after voiding, and especially after a bowel movement, to avoid spreading bacteria from the anus to the vagina and urethra.
- It is best to wash the genital area before and after sex.
- Keep your bowels regular and prevent constipation or diarrhea.
- If you have incontinence, use a skin barrier product to prevent skin rashes caused by the urine or feces. Sween cream is a good skin barrier product.



Drink Enough Each Day

- Your daily intake of liquids should be at least 48 to 64 ounces, or six 8-ounce glasses of liquids, unless directed otherwise by your doctor.
- Drinking cranberry juice (10 ounces) or taking cranberry tablets (500 mg) may prevent bacteria and infection from developing or multiplying.
- Experts believe it not only kills bacteria, but keeps bacteria from attaching to and staying on the walls of your bladder.

Empty Your Bladder Regularly

- Do not put off voiding for a long time. Go to the bathroom to void soon after you feel the urge. Empty your bladder at least every 3 to 4 (or 5) hours.
- Make sure that your bladder is empty by pressing on the area over your bladder and leaning forward. Another way is to stand up after urinating, then sit back down and try to void again.
- Empty your bladder before and after having sex.

To access this or many other helpful articles, visit <http://www.seekwellness.com/incontinence/tip-sheets.htm>

What to Avoid

- Do not wear tight pants that can trap moisture and create a good environment for infections.
- Do not wear polyester or silk underwear; instead, wear cotton.
- Do not use perfumed soaps, bubble bath, talcum powders, or toilet paper that is rough, perfumed, or colored.
- Avoid douching and vaginal cleansers because they upset the normal balance in the vagina and can lead to an infection.
- Do not use feminine hygiene pads for protection; instead, wear incontinence pads, which are designed to collect urine. Change your pads when they become wet.

Call Your Doctor or Nurse If You Have Any of These Symptoms:

- Increased urinary urgency or frequency
- Urinating small amounts
- Sudden unwanted urine leakage
- Feeling that your bladder is not completely empty after voiding
- Any pain or unusual sensation when you void
- Bad-smelling urine
- Fever or chills
- See blood in your urine or the color of your urine is pink or red.