

HOW TO PREVENT URINARY TRACT INFECTIONS (UTIS)

DO

- ✓ DRINK ENOUGH LIQUIDS
- ✓ USE OTHER BIRTH CONTROL OPTIONS THAN SPERMICIDE OR DIAPHRAGM
- ✓ WEAR LOOSE COTTON UNDERWEAR
- ✓ TAKE A SHOWER OVER A BATH AND PREFER INFRARED SAUNA
- ✓ GET REST
- ✓ USE UNSCENTED TOILET PAPER, OR A BIDET
- ✓ URINATE IMMEDIATELY, IF NEEDED
- ✓ KEEP YOUR GENITAL AREA CLEAN AND DRY
- ✓ CLEAN YOUR INTIMATE AREA BEFORE AND AFTER SEX
- ✓ IF POSSIBLE, PEE STRAIGHT AWAY AFTER HAVING SEX
- ✓ WHEN URINATING, EMPTY YOUR BLADDER ENTIRELY
- ✓ WIPE YOUR BOTTOM GENTLY FROM FRONT TO BACK
- ✓ IMMEDIATELY CHANGE INCONTINENCE PADS OR NAPPIES IF THEY'RE SOILED

AVOID

- ✗ AVOID SCENTED SOAPS, BUBBLE BATHS, POWDERS, SPRAYS AND OTHER HYGIENE PRODUCTS THAT CONTAIN PERFUMES
- ✗ AVOID TIGHT, SYNTHETIC UNDERWEAR (NYLON)
- ✗ DO NOT HOLD YOUR PEE
- ✗ DO NOT CONSUME TOO MUCH SUGARY FOODS OR ALCOHOLIC DRINKS
- ✗ AVOID HOT TUBS AND JACUZZIS
- ✗ TRY TO AVOID CONDOMS OR DIAPHRAGMS WITH SPERMICIDAL LUBE ON THEM



Causes Prevention And Remedies

Sebastian Brünink



Causes Prevention And Remedies:

Causes Prevention And Remedies Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Causes Prevention And Remedies**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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