

Marsh, Pauline

Patient Education

Urinary Tract Infections

Wash hands frequently and especially after toileting.
When toileting wipe from front to back.

Avoid douching
(it disturbs the natural protective vaginal flora.)

Urinate after intercourse
(it cleanses contaminates from the urethral opening.)

Use lubricated condoms
(it will decrease irritation to the urethral opening.)

Avoid the use of spermicide.
(It is known to cause Staphloccus infection)