

# URINARY TRACT INFECTION

## Supportive Management

- Take sitz bath to relieve pain (fill bathtub with 2-3 inches lukewarm water and sit in the tub, making sure perineum is covered). This may be done up to 3x a day for 10-15 minutes.
- Apply heating pack for 15 minutes at a time to relieve pain or discomfort felt on abdomen or lower back.
  - Home-made heating pack: fill up a tightly-closed glass bottle with hot water and wrap it in a towel (make sure that the bottle does not touch the skin directly)
- Drink plenty of fluids (around 2 liters a day or 8 glasses of water a day) until urine is light yellow – colorless.
- Limit intake of urinary irritants such as coffee, tea, alcohol, carbonated drinks, and other irritants.

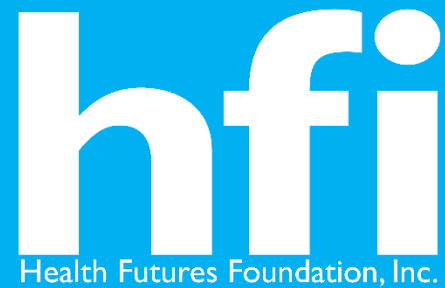
## Prevention

### For both males and females:

- Always urinate upon feeling the urge to do so. Void every 2-3 hours and empty the bladder completely as this helps decrease bacterial count, and prevent urinary stasis, and in turn, prevent infection or reinfection.
- Drink plenty of fluids (around 2 liters a day or 8 glasses of water a day) until urine is light yellow – colorless.

### For females:

- Wipe in the correct direction, from front to back, after using the bathroom.
- Clean the bladder area first when washing to prevent contamination with bacteria from other parts of the body.
- Avoid bathing in a bathtub as bacteria in the bath water may enter the urethra.
- Urinate after sex. This flushes out any bacteria that could have migrated to the bladder during intercourse.



Unit 6, 4/F, The One Executive Office  
Building, 5 West Avenue,  
Barangay Nayong Kanluran,  
Quezon City, Philippines 1104

Telefax  
(632) 411 8698

Mobile  
(63) 927 892 1062  
(63) 928 507 4479

[www.healthfuturesfoundation.com](http://www.healthfuturesfoundation.com)

Find us on Facebook  
Health Futures Foundation, Inc.

Find us on Twitter  
@healthfutures

Find us on Instagram  
@healthfutures

POSSIBLE

# URINARY TRACT INFECTION

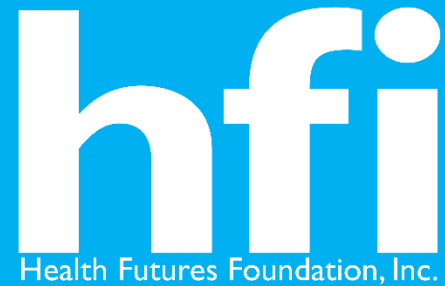
---

## Herbal Medicine

- **Plain Coconut Water**
  - Take as much of the coconut water as can be tolerated.
- **Decoction of Corn Hair**
  - Boil 7-15 tablespoons of chopped corn hair in 6 glasses of water. Take in two divided doses.
- **Decoction of Dried Kogon Rhizomes**
  - For blood in urine
  - Boil 6-20 tablespoons of dried kogon rhizome in 6 glasses of water. Take in two divided doses daily.
- **Decoction of Dried Kogon Rhizomes and Dried Rosal Fruits**
  - For blood in urine
  - Boil 6-10 tablespoons of dried kogon rhizome and another 6-10 tablespoons of dried rosal fruit in 6 glasses of water. Take in two divided doses daily.

---

**Consult doctor for appropriate diagnosis and management of the condition.**



Unit 6, 4/F, The One Executive Office  
Building, 5 West Avenue,  
Barangay Nayong Kanluran,  
Quezon City, Philippines 1104

Telefax  
(632) 411 8698

Mobile  
(63) 927 892 1062  
(63) 928 507 4479

[www.healthfuturesfoundation.com](http://www.healthfuturesfoundation.com)

Find us on Facebook  
Health Futures Foundation, Inc.

Find us on Twitter  
@healthfutures

Find us on Instagram  
@healthfutures