

URINARY TRACT INFECTION

Supportive Management

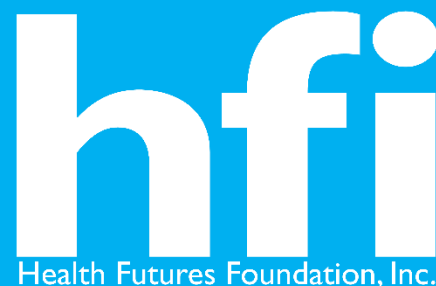
- Take sitz bath to relieve pain (fill bathtub with 2-3 inches lukewarm water and sit in the tub, making sure perineum is covered). This may be done up to 3x a day for 10-15 minutes.
- Apply heating pack for 15 minutes at a time to relieve pain or discomfort felt on abdomen or lower back.
 - Home-made 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

- 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.
- 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.

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 2 divided doses daily.
- **Decoction of Dried Kogon Rhizomes**
 - For blood in urine
 - Boil 6-20 tablespoons of dried kogon rhizome in 6 glasses of water. Take in 2 divided doses daily.



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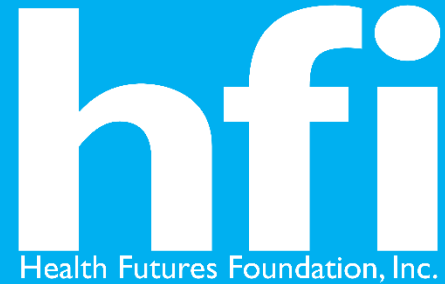
POSSIBLE FEMALE

URINARY TRACT INFECTION

Herbal Medicine

- **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 2 divided doses daily.
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Consult doctor for appropriate diagnosis and management of the condition.



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