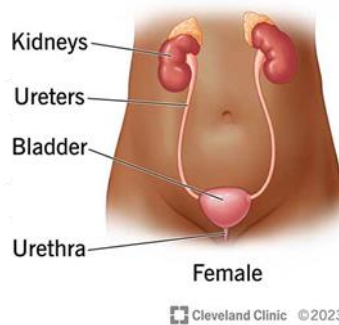


Things you can do to prevent a UTI

Aimed at women of menopausal age

Your urinary tract includes your bladder and urethra.



UTI stands for
Urinary tract
infection.

Self-care measures:

- Wee after sex to flush out the bugs.
- Avoid douching and avoid using any perfumed products to clean vaginal area.
- Drink lots of water (8-10 glasses per day).
- Don't hold onto your urine for too long.
- Wipe front to back.
- Always use loose fitting cotton underwear.
- Avoid constipation.

If you feel too dry, you can try vaginal moisturisers listed below which are available from your chemist:

- Replens
- Yes
- Sylk

If you have any of the following, please contact your GP:

- Fever, vomiting, tummy or back pain, blood in your urine
- Diabetes
- Long-term catheter
- Any other medical conditions or long-term medications