

# RECURRENT URINARY TRACT INFECTIONS

## RISK FACTORS

- Diabetes
- First UTI before 15 years old
- More than 3 CULTURED UTIs in 1 year
- Mother with history of UTIs
- Multiple sexual partners/ sexual frequency/ Spermicide use
- UTIs after intercourse
- Post menopause
- Cystocele (bladder prolapse)/ Incontinence
- Vaginal dryness

## EVALUATION

- Documented positive cultures (3 in 1 year)
- Check residual after urination
- Evaluate for pelvic prolapse
- IF INDICATED: CT scan, pelvic ultrasound, cystoscopy

## TREATMENT

- Vaginal estrogen cream
- Hiprex (methenamine Hippurate) prescription- acidifies urine/ prevents UTIs
- Suppressive antibiotics
  - Low dose daily for 3-6 months
  - Low dose after intercourse
  - Short course which patient initiates with first symptom

## SURGICAL TREATMENT

- Cystocele repair
- Bladder sling or Solyx “mini-sling”

## LIFESTYLE MODIFICATIONS

- Empty bladder regularly
- Drink 8 cups water daily
- Avoid douching and vaginal deodorant sprays
- Urinate after intercourse
- Cranberry supplements
  - Unsweetened juice- 8 oz three times a day
  - 200mg tablet- three times a day
  - **\*\*\* NO CRANBERRY IF ON WARFARIN\*\*\***