

# Preventing urinary tract infections (UTI) at home

## How do I feel today?

**Non-Catheter Users**



**GREEN ZONE**

You are in control.



**YELLOW ZONE**

Take action today.  
Call your doctor:

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**RED ZONE**

Call your doctor right away and tell them you have an urgent issue.

<p><b>What is the color of my urine? How does my urine look?</b></p> 	<p>My urine is clear.</p>	<p>My urine is cloudy or has odor.</p>	<p>My urine is red or bloody.</p>
<p><b>How often am I going to the bathroom to urinate?</b></p> 	<p>There is no change in my bathroom use.</p>	<p>I now:</p> <ul style="list-style-type: none"> <li>• go more often</li> <li>• go less often</li> <li>• have dripping/incontinence</li> </ul>	<p>I cannot urinate.</p>
<p><b>Do I have a fever?</b></p> 	<p>No fever.</p>	<p>Fever of 100 - 101.5F</p>	<p>Fever over 101.5F</p>
<p><b>Do I have pain or discomfort?</b></p> 	<p>No pain when I urinate.</p>	<p>I may have:</p> <ul style="list-style-type: none"> <li>• new pain or burning with urination</li> <li>• new or increased muscle tightness</li> </ul>	<p>I have new or increased:</p> <ul style="list-style-type: none"> <li>• muscle spasms</li> <li>• pain in:                             <ul style="list-style-type: none"> <li>• one side of back</li> <li>• under ribs</li> </ul> </li> </ul>
<p><b>How is my energy level?</b></p> 	<p>My energy level is normal.</p>	<p>I am too tired to do most of my normal activities.</p>	<ul style="list-style-type: none"> <li>• I am so tired that I can hardly do any of my normal activities.</li> <li>• I have some mental foggy or confusion.</li> </ul>

# My action plan for preventing urinary tract infections (UTI)

## General Health Tips if you are getting UTIs:

1. Drink plenty of fluids, especially water—stay hydrated.
2. Decrease or avoid alcohol and smoking as they may irritate your bladder.
3. Clean from front to back when toileting and bathing.
4. Avoid using products that contain alcohol, fragrance, and deodorants near groin.
5. Empty bladder at least 4-6 times a day, also before and after intercourse.
6. Cranberry supplements can help prevent UTIs. Talk to your doctor to see if it is right for you.
7. See a urologist to determine what is causing you to get infections.

## Preventing Urinary Tract Infections:

1. Change briefs 4 -6 times a day and as needed.
2. When changing, use an alcohol-based hand sanitizer or wash skin with warm soapy water and pat dry (do not rub).
3. When changing, wash hands and nails thoroughly before and after cleaning.
4. Keep a daily log of frequency of urination or when briefs are wet.
5. Develop a schedule and utilize reminders to prompt toileting

## How I will do these things:

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**Your care team will work with you to set goals so you can stick to your plan!**