

Women and bladder infections –

Things to try, to stop getting a UTI!

You will need to take an antibiotic. You might also find just drinking more water a help if you have had a urinary tract infection (UTI), which is also often called a bladder infection or “cystitis,” in the past and are getting them from time to time.

Not drinking enough water (low water intake) has been shown to be a risk for getting more UTIs.

So to help decrease the chances of you having another UTI, you can increase the fluids you drink such as starting a new 500ml bottle of water at the beginning of a meal and finishing it before the next meal. In other words, drinking at least 3 full cups more of water per day (each cup has to be 500 mls) can help decrease the chance you will get another UTI.

It is still not clear that cranberry juice can prevent UTI's but it can cause weight gain (5.8kg in 6 months) with routine use, so we do not suggest you drink cranberry juice. Water might do the trick and you won't gain more weight!

In case you were wondering, there are no benefits from probiotics in treating UTI's.