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Bladder and/or Kidney Infection

1. Drink 3 quarts of liquids (water, fruit juices, lemonade) daily.

2. Drink 1 quart of cranberry juice daily.

3. Drink and eat foods high in Vitamin C such as: oranges, grapefruits, watermelon. Strawberries, cantaloupes, pineapples, tomatoes, broccoli, green peppers, Brussels sprouts, turnip greens, cabbage and sweet potatoes.

4. **DO NOT DRINK:** coffee, tea or soft drinks. Do not eat heavily spiced foods. Do not drink alcohol.

5. **DO NOT** hold back urinating. Urinate frequently.

6. After going to the bathroom, wipe from **FRONT TO BACK** and **DROP** tissue in commode.

7. Drink an 8 ounce glass of water before and after having sex.

8. Urinate before and after having sex.

9. Take all medication prescribed, even if you begin to feel better in about 48 hours. You must **FINISH ALL OF THE PILLS.**

10. If any of the following occur report to the hospital nearest your home:

    - Fever
    - Chills
    - Flank Pain
    - Blood in your urine
    - Malaise
    - Loss of appetite
    - Nausea
    - Contractions or cramps with or without low back pain (urinary tract infections can cause pre-term labor).

11. Be sure to keep your follow-up appointment.