

# TIPS

FOR A  
HEALTHY  
URINARY  
TRACT



Drink plenty of water (> six glasses per day) so that you urinate often.

Wipe yourself from front to back (reduce transport of bacteria).

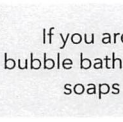


Don't hold your pee and empty completely each time.

Women prone to UTIs should urinate after having sex.



Reduce your caffeine and alcohol intake.



If you are prone to UTIs, avoid bubble baths, bath oils, perfumed soaps and vaginal douches.

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