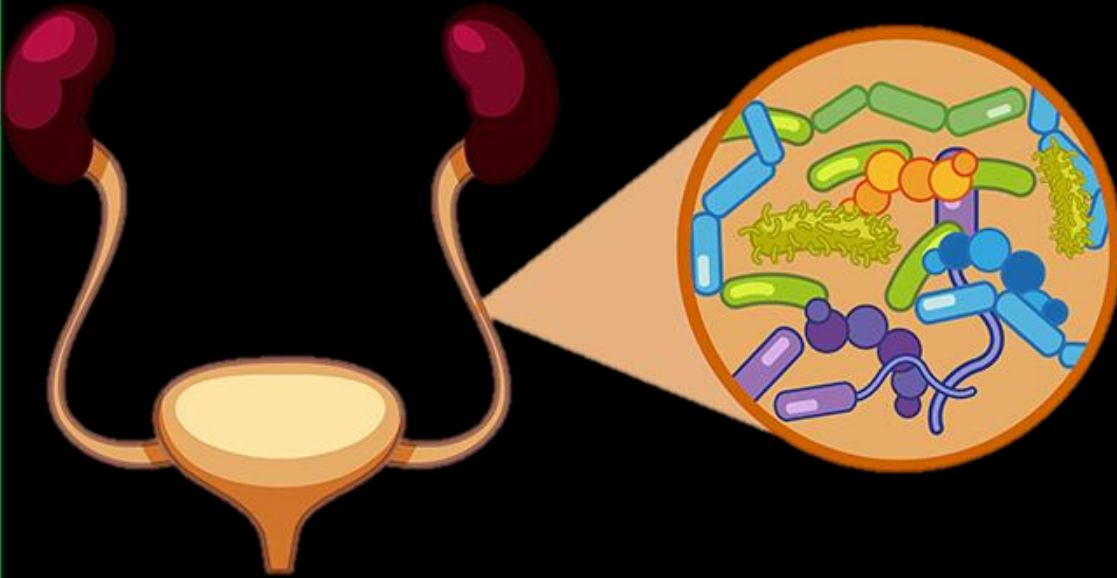


URINARY TRACT INFECTIONS

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Causes

having a weakened immune system – people with diabetes having chemotherapy

conditions that block the urinary tract – such as [kidney stones](#)

not drinking enough fluids

not keeping the genital area clean and dry

SYMPTOMS

- ❖ Pain in your flank, abdomen, pelvic area or lower back.
- ❖ Pressure in the lower part of your pelvis.
- ❖ Frequent Urination
- ❖ Fever, Chills,
- ❖ Nausea and Vomitting
- ❖ Urination Incontinence
- ❖ Feeling the need to urinate despite having an empty bladder

TREATMENT

- Trimethoprim and sulfamethoxazole (Bactrim, Bactrim DS)
- Fosfomycin (Monurol)
- Nitrofurantoin (Macrochantin, Macrobid, Furadantin)
- Cephalexin
- Ceftriaxone

PRECAUTIONS

- Drink plenty of fluids
- Emptying the bladder frequently,
- Avoid scented products
- Take probiotics
- Consume cranberries
- Minimize sprays, or powders in the genital area.



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(Complete A TO Z Information)

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