

# Prevention of Urinary Tract Infection

<p><b>Every Day</b></p>	<ul style="list-style-type: none"> <li>• Drink 6 to 8 cups of water a day.</li> <li>• Avoid food and drinks that might irritate your bladder, such as caffeinated drinks.</li> <li>• Avoid constipation by eating high-fiber foods, such as fruit, vegetables, and prune juice.</li> <li>• Urinate often and completely empty bladder when urinating.</li> <li>• Women: Wipe from front to back after urinating.</li> <li>• Men: If uncircumcised, pull foreskin back to clean around penis and when dry, reposition foreskin.</li> <li>• Change incontinence products when wet.</li> </ul>
<p><b>Green Zone</b></p>	<p><b>ALL CLEAR! This zone is your goal. Your symptoms are under control.</b></p> <ul style="list-style-type: none"> <li>• Drinking plenty of water</li> <li>• Urine is clear, pale yellow</li> <li>• Urinating as soon as you have the urge to go</li> <li>• No fever</li> </ul>
<p><b>Yellow Zone</b></p>	<p><b>CAUTION! This zone is a warning!</b></p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none"> <li>• Pain or pressure in lower abdomen or lower back</li> <li>• Pain or burning when you urinate</li> <li>• Frequent urge to urinate but only able to urinate a small amount</li> <li>• Cloudy or bloody urine</li> <li>• Decreased appetite</li> <li>• Temperature is greater than 100.4°F (38°C)</li> </ul>
<p><b>Red Zone</b></p>	<p><b>EMERGENCY Zone!!</b></p> <p><b>Call 911 or have someone take you to the Emergency Room!</b></p> <ul style="list-style-type: none"> <li>• Temperature is 101°F (38.3°C) or greater and you have shaking chills</li> <li>• Confusion</li> <li>• Nausea or vomiting</li> <li>• Very little or nothing at all comes out when urinating</li> <li>• Side or back pain that gets worse</li> </ul>