

DIAGNOSIS

- Asymptomatic bacteriuria** (bacteria in urine without infection)
- Dysuria** (painful urination without infection)
- Dyspareunia** (painful sex)
- Interstitial cystitis** (bladder wall inflammation)
- Pelvic floor dysfunction** (pelvic muscle pain)
- Vaginitis** (vaginal irritation)

The symptoms and/or urinalysis you presented with today do NOT suggest an infection.

Antibiotics were not started because they are ineffective for dysuria (pain) without infection & asymptomatic bacteriuria, may cause side effects, harm, and **may lead to resistant bacteria limiting future antibiotics.**

Please return or call if symptoms do not improve in ___ day(s), develop fever or chills, lower abdominal or back pain, blood in the urine, or other new or concerning symptoms

SYMPTOM RELIEF MEDICATIONS

Always use medications according to package instructions

- | | |
|---|---|
| <input type="checkbox"/> Acetaminophen 325-650 mg every 4-6 hours as needed | Pain, burning |
| <input type="checkbox"/> Phenazopyridine 100-200 mg three times daily as needed
<i>(orange urine discoloration expected; limit 3 days continuously)</i> | Pain, burning |
| <input type="checkbox"/> Methenamine hippurate 162 mg + sodium salicylate 162 mg daily, 2 tablets three times daily as needed | Burning +/- prevent infection |
| <input type="checkbox"/> Estrogen topically, 2 to 5 times weekly* | Vaginal irritation, healthy vaginal flora |

PREVENTIVE MEDICATIONS

- | | |
|---|--|
| <input type="checkbox"/> Methenamine Hippurate 1000 mg twice daily* (take with vitamin C 1000 mg to activate methenamine; don't take same time as sulfa meds, <i>strong urine smell expected</i>) | Prevent bladder bacterial growth |
| <input type="checkbox"/> Cranberry supplement or 10-30 oz cranberry juice daily | Prevent <i>E. coli</i> bladder wall attachment |
| <input type="checkbox"/> D-mannose 2 gram daily | Prevent bacterial bladder wall attachment |
| <input type="checkbox"/> Probiotic , lactobacillus at least 10 billion cfu daily | Protect from (harmful) bacterial overgrowth |

* Rx required

DIET / HYGIENE

- | | |
|---|--|
| <input type="checkbox"/> Avoid caffeine, alcohol, artificial sweeteners, spicy foods | <input type="checkbox"/> Avoid irritants (spermicide, diaphragms, feminine hygiene sprays, powders, douches) |
| <input type="checkbox"/> Consider diet for interstitial cystitis (ichelp.org) | <input type="checkbox"/> Urinate after sex, wear cotton undergarments |
| | <input type="checkbox"/> Avoid constipation and diarrhea |
| | <input type="checkbox"/> Empty bladder at regular intervals |