



TIPS TO HELP REDUCE THE RISK OF GETTING A URINARY TRACT INFECTION OR GENITAL YEAST INFECTION

URINARY TRACT INFECTIONS



What is a urinary tract infection?

A urinary tract infection can occur in any part of your urinary system, including your kidneys, ureters, bladder and urethra. It is more common for a woman to develop this kind of infection than a man.

When the infection occurs in your bladder you may experience painful or annoying symptoms. It can become more serious if it spreads to your kidneys.



Symptoms you may experience

- Burning when urinating
- Urine that is cloudy, bloody or has a strong smell
- A persistent urge to urinate
- Pelvic pain in women



Tips to help reduce the risk of urinary tract infections

- Drink plenty of liquids, especially water
- Wipe from front to back after urinating and after a bowel movement
- Wear breathable cotton underwear
- Empty your bladder soon after intercourse
- Keep genitals dry and men should wash under foreskin if uncircumcised

Additional tips for women

- If you are a woman at risk of getting a urinary tract infection, you should avoid soaking in the bathtub. Bathing can change your vaginal pH and allow soap residue and other chemicals to enter your vagina
- If you use a hand shower, point it down over the vagina rather than directly into the vagina
- If you use a washcloth, clean your genital area before you clean your anus
- Avoid potentially irritating feminine products

GENITAL YEAST INFECTIONS



What is a genital yeast infection?

Vaginal and penile yeast infections are caused by a fungus called *candida* that spreads in moist environments.



Symptoms of a vaginal yeast infection

- Itching and irritation in the vagina
- Burning during intercourse or while urinating
- Red or swollen vulva
- Vaginal pain, soreness or rash
- Thick, white vaginal discharge that resembles cottage cheese
- Watery vaginal discharge

Symptoms of a penile yeast infection

- Red rash
- White, shiny patches
- Thick, white substance under the foreskin
- Itching and burning

Tips to help reduce the risk of yeast infections

- Avoid:
 - Scented or irritating hygiene products, such as douches, bubble bath and sprays
 - Wearing tight underwear and choose cotton
- Change out of wet swimsuits and exercise clothes as soon as possible
- Men should wear condoms – a penile yeast infection can be caused by unprotected sexual intercourse with a partner who has a yeast infection
- Uncircumcised men should clean under the foreskin with soap and water
- Keep genitals clean and dry



If you think you have a urinary tract infection or a genital yeast infection, be sure to talk to your family doctor or pharmacist.