



Prevention of Urinary Tract Infection

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