



## Prevention of Urinary Tract Infection

Every Day	<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>
Green Zone	<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>
Yellow Zone	<p><b>CAUTION! This zone is a warning!</b></p> <p><b>Call your home care nurse at _____,</b> <b>or call your doctor at _____.</b></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>
Red Zone	<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>