



URINARY TRACT INFECTION

A Urinary Tract Infection (UTI) is caused by an overgrowth of bad bacteria in the urinary tract and bladder. It is very common in pregnancy.

Symptoms include: pain; especially when urinating, frequent urination with little output, a sense of fullness or achiness in the pelvis, a general “not well” feeling. As the UTI gets worse; kidney pain and or fever.

Remedies include:

- Water—4 liters or twelve 12 oz glasses
- Cranberry juice or pills (brand: AZO)
- Vit C—500 mgs per hour
- Echinacea tincture—found in health section
- Pyridium medication—for pain (brand: AZO or Uristat—urine will turn bright orange)
- D-Mannose with Cran-GYN DDS (from your Midwife)
- Antibiotics

If you have pain on either side of your back (kidney) or you get a fever (above 100.4), call me immediately.

Phone: 801-643-0604

Email: mermaidbirth@gmail.com

Exceptional Midwifery Care ~ Specialized in Underwater Birth.