What’s the Deal with Urinary Tract Infections (UTIs) Anyway?

- UTIs are the result of bacteria moving into the urinary tract from the external genitalia
- Women are more likely to get UTIs than men because the anus (and associated bacteria) are closer to the urethral opening which makes it easier for bacteria to enter the urinary tract and more likely to cause a UTI because a woman’s urethra much shorter than a man’s

Can UTI’s be Stopped?! Yes, Here’s How…

- Always wipe front to back to ensure no movement of bacteria from the anus to the urethra
- Stay hydrated throughout the day, drinking creates urine that will help flush out bacteria
- Urinate when you feel the urge to go to the bathroom, do not hold your urine for longer than necessary
- Urinate after intercourse to flush the urethra and all associated bacteria
- When using condoms during intercourse make sure to use a water based lubricant to minimize irritation of the urethra

How do I Clean “Down-There”?

- When showering let warm water run over your external genitalia using just your hand to clean the area (not a loofa or a wash cloth)
- The vulva (aka the area you think of as your “vagina”) is sensitive and should not be scrubbed! This will make the tissues red, irritated, and create an inflammatory response
- Vaginal discharge is the vagina’s way of self-cleansing and is due to natural bacteria in the vagina
- Means you do not need to use soap or douche inside the vagina
- Scented, perfumed or chemical products should not be used at the vaginal opening or within the vagina as they may also irritate the tissues and create pain or discomfort

References:
http://www.uhs.umich.edu/uti (1/7/15)