

Rx Name: _____

DIAGNOSIS

- Asymptomatic bacteriuria** (bacteria in urine without infection)
- Dysuria** (painful urination without infection)
- Dyspareunia** (painful sex)
- Interstitial cystitis** (bladder wall inflammation)
- Pelvic floor dysfunction** (pelvic muscle pain)
- Vaginitis** (vaginal irritation)

The symptoms and/or urinalysis you presented with today do NOT suggest an infection.

Antibiotics were not started because they are ineffective for dysuria without infection and asymptomatic bacteriuria, may cause side effects, harm & **may lead to resistant bacteria limiting future antibiotic options.** Please return or call if symptoms do not improve in ___ day(s), develop fevers or chills, lower abdominal or back pain, blood in the urine, or other new or concerning symptoms.



SYMPTOM RELIEF MEDICATIONS

Always use medications according to package instructions

- Acetaminophen 325-650 mg every 4-6 hours as needed** Pain, burning
- Phenazopyridine 100-200 mg three times daily as needed** Pain, burning
(orange urine discoloration expected; limit 3 days continuously)
- Methenamine Hippurate 162 mg + sodium salicylate 162 mg daily, 2 tablets three times daily as needed** Burning +/- prevent infection
- Estrogen topically, 2 to 5 times weekly*** Vaginal irritation, healthy vaginal flora

PREVENTIVE MEDICATIONS

- Methenamine Hippurate 1000 mg twice daily*** (take with vitamin C 1000 mg to activate; do not take same time as sulfa meds, *strong urine smell expected*) Prevent bladder bacterial growth
- Cranberry supplement** or 10-30 oz cranberry juice daily Prevent *E.coli* bladder wall attachment
- D-mannose 2 gram daily** Prevent bacterial bladder wall attachment
- Probiotic** lactobacillus at least 10 billion cfu daily Protect from (harmful) bacterial overgrowth

** Rx required*

DIET / HYGIENE

- Avoid caffeine, alcohol, artificial sweeteners, spicy foods
- Consider diet for interstitial cystitis (ichelp.org)
- Avoid irritants (spermicide, diaphragms, feminine hygiene sprays, powders, douches)
- Urinate after sex, wear cotton undergarments
- Avoid constipation and diarrhea
- Empty bladder at regular intervals

Prescriber: _____ **Date:** _____