

**Demetria Clark**  
**48 Commonwealth Ave.**  
**Springfield VT 05156**

### **Urinary Tract Infection Protocols**

**If the midwife believes the mother has the following risk factors:**

- A history of urinary tract infection.
- Diabetes mellitus.
- Sickle cell anemia trait.
- Underlying abnormalities of the urinary tract.
- More than 3 previous pregnancies.

Presence of renal stones (nephrolithiasis).

### **Some signs and symptoms**

- Sometimes, no symptoms are obvious, but these are the most commonly found..
- When urinating one may experience a burning sensation.
- A nagging type pain in the lower abdomen.
- Urge to urinate on an empty bladder.
- Cloudy urine, foul or "off" smelling.
- With pyelonephritis, there may be fever, chills, nausea, and vomiting and flank (side) pain.

### **I would suggest the following preventative measures**

- Drink plenty of fluids (8 glasses of water a day).
- Empty bladder immediately before and right after sexual intercourse.
- Wipe from front to back after a bowel movement.
- Cotton Underwear
- Urine studies during prenatal visits with your midwife.
- Don't postpone urination.

Eat Blueberries

### **If infection is suspected:**

- I will refer woman the health care provider for diagnostic tests, that may include a urinalysis and urine culture.
- Asymptomatic infection or cystitis- medication is usually all that is necessary for treatment. Follow-up urine cultures are part of treatment to ensure that the infection is wiped out.

Pyelonephritis treatment usually requires hospitalization for intravenous medications and careful monitoring for complications, such as dehydration and kidney infection. The situation does not improve the woman will more that likely have to undergo further diagnostic testing.

## **Treatments**

Antibiotics may be prescribed if other alternative therapies do not eradicate the infection. It is important to complete full dosage even if the symptoms disappear. In some cases, when a UTI recurs, antibiotic treatment may be recommended for the remainder of the pregnancy. In cases of pyelonephritis, antibiotic therapy is often continued to suppress future infections, a preventive strategy by allopathic practitioners often referred to as antibiotic prophylaxis.

## **Dietary Suggestions**

Add more leafy greens, fresh fruits like blueberries, cranberry juices (will help to acidify urine, inhibiting bacterial growth), no sodas, coffees, alcohol, limit sugar intake.

Drink plenty of fluids (especially water).

Vitamin C with bioflavonoids may be included as a nutritional supplement and vitamin C rich liquids.

If taking antibiotics, include unsweetened yogurt in diet you can also add Kefir. Look at taking a probiotic.

## **Some helpful herbs are:**

- Cornsilk
- Uva Ursi
- Marshmallow
- Dandelion leaf

## **Contact your health care provider if:**

- You or a family member has symptoms of a urinary tract infection.
- Symptoms do not disappear following the first 2 days of treatment.
- You develop fever, chills or flank (side) pain.
- You have not had a follow-up urine test to be sure the infection is eradicated.

Remember if in doubt contact your medical provider.