



Ways To Manage **UTI** Symptoms

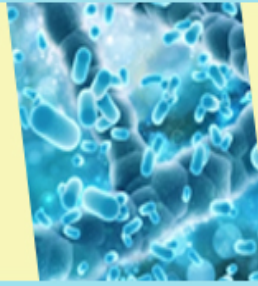
Drinking a lot of water



Consuming cranberry juice
or tablets



Eating lactobacillus-containing
probiotics



Using warm pads on the
abdomen to ease pain



Avoiding caffeinated beverages
and alcohol



Using loose-fitting
cotton innerwear



Using sanitary pads and not
tampons during periods



Refraining from douching

