

Tips For Preventing UTIs In Seniors

Because urinary tract infections (UTIs) can have serious, long-term effects for seniors, it's best to prevent them before they even have the chance to begin.

Here are several tips and lifestyle changes seniors can make throughout their day to significantly reduce the risk of developing a UTI:



When Drinking

- Drink at least 64 ounces of water a day.
- Avoid caffeine and alcohol which can irritate the bladder.
- Try cranberry tablets or drink cranberry juice as a home remedy.



When Dressing

- Wear breathable cotton underwear and change them at least once a day.
- Avoid tight-fitting clothing that can put pressure on the bladder.
- Change soiled incontinence briefs promptly and frequently.



When Using The Bathroom

- Set timers to remind yourself or a loved one to use the bathroom.
- Wipe from front to back (for women).
- Keep the genital area clean and dry to reduce bacteria.
- Limit feminine hygiene products that could irritate the body.



When Managing Your Health

- Treat underlying medical conditions, such as diabetes, bladder or kidney disorders.
- Talk to you or your loved one's doctor about preventative antibiotics.

For more information on urinary tract infections and how CorsoCare can support you and your loved one, call us at 248-438-8535.