

**Table 2****Conventional steps to avoid a UTI**

- Drink plenty of water every day.
- Urinate when you feel the need; don't resist the urge to urinate.
- Wipe from front to back to prevent bacteria around the anus from entering the vagina or urethra.
- Take showers instead of tub baths.
- Cleanse the genital area before sexual intercourse.
- Avoid using feminine hygiene sprays and scented douches, which may irritate the urethra.
- Drink cranberry juice.

**Source:** National Kidney and Urologic Diseases Information Clearinghouse. Available at: <http://kidney.niddk.nih.gov/kudiseases/pubs/utiadult/>. Accessed Dec. 27, 2006.