

UTI TREATMENT:

Naturopathic medicine recommendations for UTI care include:

1. daily oral capsule of a probiotic lactobacillus species blend like FemEcoology by Vitamica (available at New Seasons for \$19.95/30 capsules). It works to support healthy vaginal and intestinal immunity, pH, and ecology of microflora.
2. Staphysagria 30c homeopathic pellets under-the-tongue after sex (available at New Seasons for \$7.19)
3. Urinary Tea-2-3 cups every day (available at NCNM pharmacy for \$2.55/oz; use a teabag in a mason jar for daily amount).
4. Please feel free to schedule with our Naturopath, Kellie, if you have specific questions/needs.

Allopathic and naturopathic providers will prescribe a course of antibiotics if your urine shows clear signs of infection; depending on your medical situation the course could be 3-14 days. Be sure to complete the entire course of medication, even if symptoms disappear sooner.

You can also try a soothing 'dye' medication like AZO (available at any pharmacy over-the-counter) or by prescription that coats the urinary system to decrease irritation.

Your provider might recommend that your urine be sent to the lab for deeper analysis; sometimes results of the test run at the Health Center aren't clear and further 'culture' can improve accuracy of diagnosis.

You should start to feel better in 24 hours of initiating antibiotics. Return for follow up if symptoms persist.

Urological evaluation by a specialist may be necessary if symptoms return more than once and you are doing the recommended self-care behaviors and treatments.