



## Urinary Tract Infection (UTI) Kit Instructions

\*Please read information included with your kit

Cranberry tablets	
Cranberry products may help prevent urinary tract infections in women according to a recent large study involving 8857 people *	
Take 1 cranberry with probiotic and vitamin C caplets twice a day with water during your trip	
Urinary Test Strips	
<p>*Symptoms of UTI : burning pain on urination, urgency and frequency</p> <p>Included are urine test strips that detect the presence of Nitrite and/or Leukocytes in your urine. Nitrite in the urine means the presence of bacteria. Leukocytes are white blood cells that help us fight infection, when there is a large amount in the urine it means you may have infection and/or inflammation. Follow the instructions on the test strips.</p>	
POSITIVE Nitrite and Leukocytes	Likely you have UTI, Take the prescribed antibiotic
POSITIVE Nitrite Only	IF you have symptoms of UTI, Take the prescribed antibiotic
POSITIVE Leukocytes Only	<p>Wash your genital area then repeat the test using a new test strip the next time you urinate.</p> <p>If again only Leukocytes are positive AND you have symptoms of UTI Take the prescribed antibiotic</p>
NEGATIVE Nitrite and Leukocytes	Unlikely with UTI, If you have symptoms of UTI please consult your doctor
Prescribed Antibiotic : Nitrofurantoin	
An effective Anti-bacterial medication *not recommended in pregnancy	
Take 1 tablet orally twice a day for 5 days if you test positive	

\*Williams G, et al. Cranberries for preventing urinary tract infections. Cochrane Database of Systematic Reviews 2023.