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UTI Treatment Policy

If you believe you have a urinary tract infection, you need to be seen! You will not get a prescription without being seen. You may call our office to see if we have an opening, however, if we are not able to see you, you will need to see your PCP or go to an Urgent Care. We do not accept walk ins or “drop off” urine samples.

Upon coming to Dr Byers’ office, she will evaluate you and possibly order tests to determine your individual risk factors for urinary tract infections. Once you have been evaluated, Dr Byers will recommend a plan aimed at reducing the frequency of urinary tract infections. Your plan may contain the following recommendations.

Dr Byers’ UTI Prevention Recommendations

Drink enough water to keep the urine light yellow or clear and to cause you to void about every 2 - 3 hours during the day.

Voiding habits:

Wipe front to back after voiding and BMs, to avoid pulling fecal bacteria forward
Do NOT “hold it” when you have to go
Void after sexual activity

Vaginal hygiene:

Use vaginal moisturizers daily and lubricants with sex to prevent irritation
Consider vaginal estrogen if an appropriate candidate (estrogen lowers the vaginal pH, encouraging the growth of “good bacteria”)
Take Probiotics, so that they, instead of bad bacteria, inhabit the vagina

Nutritional supplements:

There is evidence that both high potency cranberry and D mannose supplements reduce the ability of bacteria to stick to the bladder wall, thus reducing UTI risk.
We recommend Clear Max, which contains both.