Using cranberry juice safely for UTI prevention

Use these steps from the article to handle UTI symptoms and to use cranberry juice sensibly for prevention.

- [ ] Contact a health care professional for burning urination, frequent urges or cloudy urine.
- [ ] Seek quick treatment for fever, chills, vomiting, or pain in the back, side or groin.
- [ ] Take prescribed antibiotics exactly as directed and finish the full course.
- [ ] Treat cranberry juice as a possible prevention aid, not as a UTI treatment.
- [ ] Choose unsweetened 100% cranberry juice over cranberry juice cocktail.
- [ ] Talk with a health care provider before using cranberry while taking warfarin.
- [ ] Avoid cranberry products with a history of kidney stones unless a doctor agrees.
- [ ] Check the sugar content of cranberry juice when managing diabetes.
- [ ] Drink more fluids during a UTI, with water as the best choice.

Notes

For general education only. Not a substitute for professional medical advice.