

Ways To Manage Symptoms

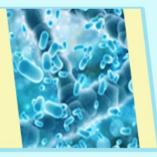
Drinking a lot of water





Consuming cranberry juice or tablets

Eating lactobacillus-containing probiotics





Using warm pads on the abdomen to ease pain

Avoiding caffeinated beverages and alcohol





Using loose-fitting cotton innerwear

Using sanitary pads and not tampons during periods





Refraining from douching



Source: https://www.momjunction.com/articles/urinary-tract-infection-inteens_00390860/