

Dos and Don'ts

To Prevent UTI

During Pregnancy



Dos

Drink eight to six glasses of water daily



Include pregnancy-safe dosage of zinc, vitamin C, and beta carotene to help fight infections



Always urinate before and after intercourse



Wipe your genital area from front to back



Don'ts



Do not hold the urge to pee



Do not consume caffeine and refined foods in excess amounts



Do not wear tight and wet clothes



Do not use harsh soaps and feminine hygiene products