URINARY TRACT INFECTION PREVENTION

1. Prophylaxis
   - Hiprex 1 gram orally twice a day
   - Septra SS or Bactrim DS one tablet orally daily
   - Nitrofurantoin 100 mg orally daily
   - Trimpex 100 mg orally daily

2. Vitamin C one gram daily

3. Acidophilus or Lactobacillus as recommended

4. 8 ounce glass of cranberry juice daily

5. Estrogen
   - Vagifem 10 microgram per vagina
     - Once a week
     - Twice a week
   - Estrace cream 2 gram per vagina
     - Once a week
     - Twice a week