

UTI PREVENTION PLAN

What this plan is for

This plan helps you understand early signs of a urinary tract infection (UTI), take supportive steps at home, and know when to contact your Strive team.

1. Know your early warning signs

You may have a UTI if you notice:

- Burning or pain when you pee
- Cloudy or bad-smelling urine
- Peeing more often than usual
- Pressure or pain in your lower belly
- Strong urge to pee, but only a little comes out
- Feeling more tired than usual

2. Build your plan at home

To feel better:

- Sip water throughout the day
- Avoid drinks that may promote dehydration
- Apply a warm heating pad on your lower belly

3. When to call Strive

Call Strive if:

- Your symptoms are new, worse, or not better after 24 hours
- You have a fever
- You have back or side pain, nausea, or vomiting
- You are not sure if your symptoms are from a UTI

My Strive care team contact information: 855-962-4638

4. How to prevent future UTIs

These general habits may help reduce risks

- **Stay hydrated:** drinking water throughout the day
- **Healthy bathroom habits:** Do not hold your pee; wipe from front to back
- **Protect your urinary tract:** avoid scented soaps; wear cotton underwear

5. Track your symptoms

Use this section to track what you did and what you need next:

Date symptoms started:

What I did to feel better:

Who I called:

Next follow-up date: