10 Tips to Prevent UTIs

- Don't stay in soiled incontinence products for long periods.
- Remove incontinence products from front to back.
- Wipe genital area from front to back, especially after a bowel movement.
- Use a gentle, unscented soap to wash the area and rinse with warm water.
- Keep the area dry.
- Use breathable incontinence products.
- Make sure your loved one gets to the toilet in time.
- Double void.
- Eat a diet full of fiber, water, and proper nutrients.
- Stay hydrated with plenty of water.