

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## **Increasing fluid intake by 1.5L/day can prevent recurrent UTIs in women**

A recent Alberta Tools for Practice<sup>1</sup>: Based on 1 RCT in women with recurrent UTIs (average 3.3 per year) and low fluid intake (less than 1.5L/day), increasing water intake by an additional ~1.5 L/day results in 1.5 fewer UTIs and 1.7 fewer antibiotic prescriptions per patient after 1 year, compared to those who don't change intake.<sup>2</sup>

Over 90% of women with increased water intake will have fewer than 3 episodes of UTIs per year.

### References:

1. Tools for practice # 233. Drink Up: Increasing Fluid Intake to Prevent Recurrent UTIs (2019) [Click here](#)
2. Effect of Increased Daily Water Intake in Premenopausal Women With Recurrent Urinary Tract Infections JAMA Intern Med (2018) [Click here](#)

[Click here](#) to view more Gems

---

[Red Whale returns Saturday 24th August](#)

# One Day UPDATE

Red Whale



the Goodfellow Unit presents Red Whale's GP Update



Tweet



+1



Share



Forward

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here.](#)

*Copyright © 2019 Goodfellow Unit, All rights reserved.*

You are receiving this email because you opted in when you joined [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit  
Bldg 730, Tamaki Innovation Campus  
261, Morrin Road, St Johns  
Auckland, Auckland 1072  
New Zealand