



UROLOGY ASSOCIATES OF ROCHESTER

Melanie M. Butler, M.D. • David P. Dever, M.D. • Laurence A. Donahue, M.D.
Brian D. Adcock, RPA-C • Crystal Englert, MPAS, RPA-C • Paul F. Scheib, RPA-C
Lindsay J. Short, MS, RN, FNP • Peter Coggiola, FNP

Urinary Tract Infection Prevention

1. Vitamin C Tablets – 500-1000 MG/One per day or one multi-vitamin
2. Cranberry Tablets – 500 MG/Two per day
And/or
100% Cranberry Juice/Mixed Cranberry cocktail (at least 3 glasses per day)
3. 1 ½ liters of water per day
4. Urinate every 2-3 hours to keep bladder empty
5. Follow Constipation Protocol

995 Senator Keating Blvd.
1415 Portland Avenue
50 South Street
422 North Main Street

Suite 330
Suite 220

Rochester, New York 14618
Rochester, New York 14621
Geneseo, New York 14454
Warsaw, New York 14569

585-232-2980
585-266-4110
585-243-2560
585-786-2090

Fax 585-232-6522
Fax 585-266-2523
Fax 585-232-6522
Fax 585-786-3990

E-Mail uar@uarochester.com www.uarochester.com

Constipation Protocol

****Begin with steps 1 through 3. Add steps 4 through 6 as needed.**

1. One bowl of high fiber cereal daily
(Fiber One, Raisin Bran, Mini Wheats)

2. Two Quarts of Fluid Daily

3. Metamucil Wafers

Prunes (3-5) a day

Flax Seed Oil

Fish Oil

Activia Yogurt

Senokot Pill Daily

4. Special Bran Recipe

1 cup applesauce

1 cup coarse unprocessed wheat bran

¾ cup prune juice

-Consume two tablespoons of the mixture daily. Take the mixture in the evening for a morning bowel movement. Increase the bran mixture by one tablespoon until your bowel movements become regular. If the amount exceeds four tablespoons, take the mixture in divided doses in the morning and evening. Always drink one large glass of water with mixture.

5. Fruit Spread

1 lb Raisins

1 lb currants

1 lb prunes

1 lb figs

1 lb dates

1- 28 ounce container undiluted prune concentrate

-Put fruit through a grinder. Mix with prune concentrate in large mixer (mixture will be thick). Store in refrigerator.

6. Power Pudding

½ cup prune juice

½ cup applesauce

½ cup wheat bran flakes

½ cup whipped topping

½ cup stewed prunes (canned)

-Blend ingredients. Take ¼ cup portions of recipe with breakfast. Regulate dose as needed. This mixture should be covered and refrigerated. Mixture keeps for 1 week.

****You may notice effects on bowel function 3-5 days after starting bran or other natural remedies. You should use these remedies for at least one month.**