

The appointment script

Most providers won't raise prevention on their own, and ten minutes goes fast. Fill this in before you go, and lead the conversation.

MY NUMBERS

UTIS IN PAST 6 MONTHS

UTIS IN PAST 12 MONTHS

DATE OF MOST RECENT

☐ Every episode cultured

☐ Some cultured

☐ None cultured

WHAT TO SAY

"I've had ____ UTIs in the past twelve months. I'd like to treat this as recurrent UTI rather than a series of separate infections. Can we culture each episode before treating, and talk about prevention that isn't another round of antibiotics?"

If you're perimenopausal, postmenopausal, postpartum or breastfeeding, add this:

"I understand the 2025 AUA guideline recommends vaginal estrogen for women with low estrogen and recurrent UTIs. Would that be appropriate for me?"

WHAT I'VE ALREADY TRIED

☐ Repeated antibiotic courses

☐ Daily preventive antibiotic

☐ Cranberry supplement

☐ D-mannose

☐ Vaginal estrogen

☐ Probiotics

☐ Hydration and timing changes

☐ Nothing regular yet

QUESTIONS TO ASK

☐ Can we culture every episode before I start antibiotics?

☐ How does this lab report low bacterial counts?

☐ Can I be tested for BV even without obvious symptoms?

☐ What are my non-antibiotic prevention options?

☐ If my culture is negative but symptoms are real, what's the next test?

☐ If this plan isn't working in twelve weeks, what do we try next?

WHAT WE DECIDED

NEXT APPOINTMENT