

# GOOD KITTY CO. | Perimenopause UTI Tracker

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In perimenopause, UTIs often track with hormonal shifts rather than appearing at random. As estrogen fluctuates and dips, urinary tissue thins and infection gets easier. Use this tracker to log each episode against your cycle so the pattern becomes visible, to you and to your doctor.

## IS IT HORMONAL, OR JUST BACTERIAL?

*Signs the cause may be hormonal (GSM) and not only an infection:*

- Symptoms come and go with no clear trigger
- Urine cultures come back negative despite real burning or urgency
- New vaginal dryness or discomfort during sex alongside the urinary symptoms
- UTIs started or got worse as your cycles became irregular

*A negative culture with real symptoms is a reason to look at your hormones, not a dead end.*

## HOW TO USE THIS TRACKER

1. Fill out an Episode Log (page 2) for each UTI. Print extra copies as you need them.
2. Mark every period and every UTI on the Pattern Grid (page 3) so timing becomes visible.
3. Use page 4 to summarize the pattern and start the conversation at your appointment.

# GOOD KITTY CO. | Episode Log

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Episode # \_\_\_\_\_ Date symptoms started: \_\_\_\_\_

## SYMPTOMS (CHECK ALL THAT APPLY)

- |   |   |
|---|---|
| <input type="checkbox"/> Burning during urination       | <input type="checkbox"/> Blood in urine       |
| <input type="checkbox"/> Urgent need to urinate         | <input type="checkbox"/> Lower abdominal pain |
| <input type="checkbox"/> Frequent urination             | <input type="checkbox"/> Pelvic pressure      |
| <input type="checkbox"/> Feeling of incomplete emptying | <input type="checkbox"/> Back pain            |
| <input type="checkbox"/> Cloudy urine                   | <input type="checkbox"/> Fever                |
| <input type="checkbox"/> Strong-smelling urine          | <input type="checkbox"/> Chills / nausea      |

## SYMPTOM SEVERITY (CIRCLE ONE)

Mild (manageable)      Moderate (affecting daily life)      Severe (debilitating)

## CYCLE CONTEXT

Date of last period: \_\_\_\_\_ Cycle day (if known): \_\_\_\_\_

*Where in your cycle did symptoms start?*

- On my period     Just after my period     Mid-cycle     Week before my period  
 Not sure

*My cycles lately:*

- Regular     Irregular     Skipped one or more     Stopped

## TRIGGERS IN THE PAST 48 HOURS

- |   |  |
|---|--|
| <input type="checkbox"/> Sexual activity        | <input type="checkbox"/> High stress       |
| <input type="checkbox"/> Dehydration            | <input type="checkbox"/> Dietary change    |
| <input type="checkbox"/> Holding urine too long | <input type="checkbox"/> New medication    |
| <input type="checkbox"/> Travel                 | <input type="checkbox"/> Missed prevention |

## TESTING & TREATMENT

- Culture positive     Culture negative     Not tested

Antibiotic: \_\_\_\_\_ Did symptoms resolve? \_\_\_\_\_



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## WHAT I'M CURRENTLY USING

Vaginal estrogen — type: \_\_\_\_\_ frequency: \_\_\_\_\_

UTI Biome Shield, daily

Spot dose (2 capsules) before sex

D-mannose (extra) — dose: \_\_\_\_\_ Other: \_\_\_\_\_

## BRING THIS TO YOUR APPOINTMENT

UTI episodes in the last \_\_\_\_ months: \_\_\_\_\_

How many were culture-confirmed: \_\_\_\_\_

How many were negative despite real symptoms: \_\_\_\_\_

The pattern I've noticed with my cycle: \_\_\_\_\_

## A SCRIPT TO START THE CONVERSATION

*"I've been tracking my UTIs and they cluster around my cycle. My cultures are often negative even when the symptoms are real. The 2025 AUA guideline supports vaginal estrogen for recurrent UTIs in perimenopausal patients, not just postmenopausal ones. Can we talk about whether it's right for me?"*