

What about cranberry juice?

Although some studies seem encouraging, no study has clearly demonstrated that cranberry juice can be used to prevent or treat urinary tract infections. In general, drinking juice is not recommended because of the amount of sugar it contains. As a result, it is better to stick to the usual preventive measures and the treatment prescribed by your doctor.



Questions about diabetes?

InfoDiabetes Service

514-259-3422

1-800-361-3504

infodiabete@diabete.qc.ca

Diabetes School



universi-d.com



diabete.qc.ca

Diabetes  Québec

Urinary tract infections and diabetes

What is a urinary tract infection?

Urinary tract infections affect the urinary tract, including the urethra, prostate, bladder and kidneys. They are caused by bacteria in the bladder.

When blood sugar is elevated, the body tries to eliminate the excess sugar in the urine. The urine then becomes sweet, which promotes the growth of bacteria.

See your doctor or nurse if you have one or more of these symptoms:

- More frequent urination
- False need to urinate
- Burning sensation when urinating
- Urine with a strong odour
- Blood in the urine
- Abdominal pain when urinating
- General deterioration in your health
- Fever
- Chills

What increases the risks of a urinary tract infection?

- High blood sugar levels
- Being a woman
- Being an uncircumcised man
- Having diabetes complications affecting the blood vessels, kidneys or nerves
- Having had a urinary tract infection in the past year

Some diabetes medications¹ cause sugar to be excreted in the urine and increase the risk of a urinary tract infection as a result. This effect is generally strongest in the first few months after beginning the medication.

If you are being treated with one of those medications and are concerned about urinary tract infections, don't hesitate to discuss this with your pharmacist or doctor.

Take action to reduce the risk of a urinary tract infection!

- Keep your blood sugar within target levels as much as possible.
- Stay properly hydrated.
- Avoid holding your urine when you feel the urge to urinate.
- Maintain proper personal hygiene.
- Wipe from front to back after a bowel movement.
- Urinate after having sex.
- Change menstrual pads regularly.

¹ Canagliflozin (Invokana[®]), empagliflozin (Jardiance[®]), ertugliflozin (Steglatro[®]) and dapagliflozin (Forxiga[®]).

People with diabetes are more at risk of complications from a simple urinary tract infection, which can turn into a kidney infection.

