

# YOU HAVE CHOICES!

UTI Health Alliance Patient Fact Sheet



50-60% of women will experience a urinary tract infection (UTI) in their lifetime. Close to 30% of those women will go on to experience recurrent or chronic infections.

Not all tests are created equal. The standard urine dipstick and culture tests that are offered at most general practice and urologist's offices are wildly inaccurate - up to 90% so.

You have testing choices. There are advanced tests that are available now. These tests are much more likely to detect an infection and allow your medical professional to accurately prescribe the correct antibiotic. When given the correct antibiotic, at the proper dosage and duration, recurrent and intractable infections will occur in fewer women and decrease antibiotic resistance. Please know that you can ask your doctor to request a test. Some tests that are available are: CirrusDX, MicroGenDX, Pathnostics and MyUTI.

You can refuse invasive procedures such as multiple cystoscopies (one is warranted to rule out other causes), bladder installation cocktails, bladder hydrodistention, urethral dilations, etc. These procedures have not been found to cure an infection.

Finally and most importantly, you know your body best. If you feel a medical professional is telling you something that just doesn't sit right with you, remember, you are the expert on your own body. You may not have all of the medical or scientific information but as researcher Ruth Kriz says,

**"... if it looks like a duck, walks like a duck, and quacks like a duck, it's gotta be a duck. And so to have somebody who has pain, urgency, frequency and burning, and yet they're told they don't have an infection because a urine culture was negative, who do you believe? Are you treating a lab result? Or are you treating a person?"**

**Ruth Kriz, APRN**