



Recurrent UTI Conversation Card™

Organize your infection history and prepare questions about testing, prevention and next steps.



Repeated urinary symptoms are not always repeated infections. Urine results, symptom timing and treatment response can help clarify the pattern.

1

Describe the Pattern



- ☐ How many episodes have I had in the past 6 to 12 months?
- ☐ Do symptoms return soon after treatment?
- ☐ Are there long symptom-free periods?
- ☐ Is there a trigger or timing pattern?

2

Review Urine Testing



- ☐ Was a urine culture collected before antibiotics?
- ☐ Which bacteria were identified?
- ☐ Were any cultures negative or contaminated?
- ☐ Were repeat tests needed?

3

Review Treatment Response



- ☐ Which antibiotics or treatments were used?
- ☐ Did symptoms fully resolve?
- ☐ Did side effects or resistance affect the choice?
- ☐ Could another condition explain persistent symptoms?

4

Look for Contributing Factors



- ☐ Vaginal dryness or GSM symptoms
- ☐ Sexual activity or spermicide use
- ☐ Difficulty emptying the bladder
- ☐ Kidney stones, diabetes or another health condition

5

Compare Prevention Options



- ☐ Could local vaginal estrogen be appropriate?
- ☐ Which nonantibiotic options have evidence for my situation?
- ☐ Would an antibiotic prevention strategy ever be considered?
- ☐ What are the benefits, risks and review plan?

6

Plan the Next Episode



- ☐ Should I have a standing urine-test order?
- ☐ When should I call before starting treatment?
- ☐ Which symptoms require urgent care?
- ☐ When would referral or further evaluation be useful?

My UTI History

Approximate number of episodes in the past year: _____

Most recent date: _____

Culture result, if known: _____

Treatments tried: _____

Helpful to Bring



Urine
culture results



Medication and
allergy list



Antibiotics
recently used



Three-day symptom
or bladder notes



Do not use leftover antibiotics or another person's prescription. Testing can help avoid unnecessary or ineffective treatment.



Gentle Reminder

Recurrent burning, urgency or frequency may need evaluation for infection, GSM, pelvic-floor concerns or another bladder condition.



Martine's Midlife Wellness Tip

Ask for copies of your urine culture results. A list of dates, bacteria and treatments makes the larger pattern easier to see.



Seek urgent care for fever with shaking chills, vomiting, severe back or side pain, confusion, marked weakness or difficulty passing urine.