

# Could be

# UTI!

## URINARY TRACT INFECTION

Burning Urination | Painful Urination  
Blood in the Urine | Foul Smelling Urine | Fever



**Don't Suffer in Silence, Prevention is the key**

## UTI PREVENTION TIPS



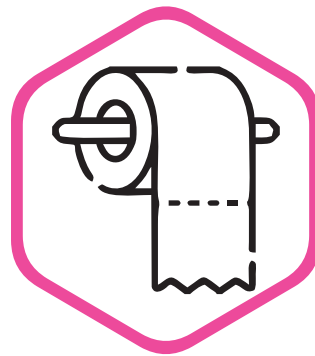
### Stay Well Hydrated

Drink plenty of fluids throughout the day (2-3 litres of water / day).



### Don't Hold Back

Don't hold it in, use the restroom when you need to urinate.



### Wipe Front to Back

This helps prevent bacteria spread.



### Empty After Intimacy

Urinate after sex to flush out bacteria.



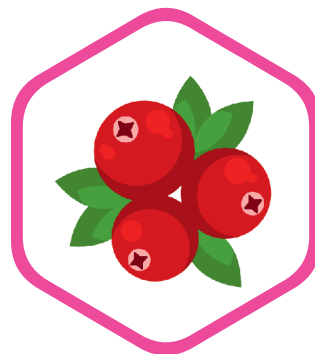
### Wear Comfortable Undergarments

Wear cotton loose-fitting undergarments to keep the area dry.



### Stay Clean and Hygienic

Wash private parts well with water. Avoid deodorants, sprays, perfumes on private areas.



### Consider Cranberry

Talk to your doctor about supplements.



### Talk to Your Doctor

Early diagnosis leads to faster relief.

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**UROFIZZ**  
(Cranberry extract (50% PAC) 72 mg, Urosla (Salvia officinalis extract) 100 mg, D-Mannose 140 mg Sachet)  
The International Solution  
in the management of Painful UTI

**UROFIZZ** **AL**  
Cranberry fruit extract (50% PAC - A Type) 72 mg, Urosla (Salvia officinalis extract) 100 mg, D-Mannose 140 mg, Potassium magnesium citrate 976 mg / 3.5 g Sachet  
The Right Solution, **AL**ways, for  
Express Relief from Burning Urination

Please scan this QR code to read this 'UTI Prevention Tips' in your language

