

What about cranberry juice?

Although studies seem to show that cranberry juice may reduce the risk of urinary tract infections in certain populations, it is better to stick to the usual preventive measures and the treatment prescribed by your doctor. In addition, the sugar content of juice makes it a beverage to be consumed with caution.



Questions about diabetes?

InfoDiabetes Service

514-259-3422

1-800-361-3504

infodiabete@diabete.qc.ca

Diabetes School



universi-d.com



Diabetes  Québec

Urinary tract infections and diabetes

What is a urinary tract infection?

It's an infection caused by the presence of bacteria in the urinary system, which includes the kidneys, ureters, bladder, or urethra.

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 a doctor or a pharmacist if you have one or more of these symptoms:

- More frequent urination
- False need to urinate
- Burning sensation when urinating
- Cloudy or strong-smelling urine
- 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.
- Avoid wearing underwear that is too tight.

¹ Canagliflozin (Invokana®), empagliflozin (Jardiance®) 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.

