



# Guides For Brides



## What “Be Prepared” Means On Your Honeymoon

(NAPSA)—You’ve been preparing for your wedding for a long time—you have something old, something new, something borrowed, something blue. But do you have the most important thing of all: the facts about how to stay healthy during your first days of marital bliss and beyond? All brides should be prepared to stay healthy and avoid a common infection that could ruin your honeymoon—a urinary tract infection. While there is some evidence that honeymooning women may be at greater risk for developing this potentially serious infection, there are simple steps you can take to protect yourself.

One in five women develops a urinary tract infection during her lifetime and on your honeymoon, you probably want to be one of the other four. It’s important to understand how to prevent and, if necessary, treat an uncomplicated urinary tract infection (UTI).

Uncomplicated UTIs—also called bladder infections or cystitis—typically occur when bacteria enter the urinary tract from the outside, usually through the urethra. Urine has antibacterial properties that prevent the growth of most bacteria, but certain factors can increase the chances that the bacteria will multiply into a full-blown infection.

On your honeymoon, you may suddenly be at increased risk of developing such an infection. You will probably engage in sexual intercourse more frequently and use certain contraceptive devices (such as a diaphragm or condom with spermicidal foam). You may forget to drink as many fluids as you should. Any of these factors contribute to an uncomplicated UTI, but there are a few simple rules to follow that can help prevent such an infection:

- Make sure to drink plenty of fluids so that your urine appears clear during the day
- Follow good daily hygiene such as washing your genital area every day

- Urinate frequently and to completion, especially after intercourse
- Don’t use feminine hygiene products containing deodorant

Even if you do follow this advice, there is no guarantee that you will not develop a UTI at some point during your life. So, how will you know if you have an uncomplicated UTI? Not everyone with an uncomplicated UTI has all symptoms, but most women get at least one. These symptoms may include a frequent urge to urinate and a painful burning sensation when doing so. Additionally, your urine may be cloudy or discolored. It is also common to feel under the weather in general—tired, run-down—or even to feel pain when not urinating.

It is important to see a doctor if you have any of the symptoms of an uncomplicated UTI. Because a UTI is a bacterial infection, it can be easily cured in most cases with the right antibiotics. With an antibiotic such as Cipro® (ciprofloxacin HCl) Tablets, symptoms of an uncomplicated UTI can often disappear shortly after treatment, but it is extremely important to take the full prescribed course of antibiotics as directed by your doctor. Your doctor may also refer you to a urologist for further evaluation in order to rule out the presence of other conditions.

Treatment with Cipro® may result in certain side effects that are usually mild, and may include nausea, diarrhea, vomiting and abdominal pain or discomfort, headache and rash. As with any prescription, tell your physician about any other medications you may be taking. Remember, your doctor or healthcare provider is the single best source of information regarding you and your health. Consult your doctor if you have any questions about your health, medication, or any symptoms you may be having.

For more information about Cipro® or for full prescribing information, go to [www.CiproUSA.com](http://www.CiproUSA.com).