Preliminary UTI Treatment Protocol

Naturopathic First-Response Protocol While Awaiting Culture Results

ACTION REQUIRED: Please give a urine sample ASAP — in office or via LabCorp order

It is important to identify the organism causing the infection so we can prescribe the correct antibiotic if needed. While we wait for culture results, the protocol below will very likely eliminate the infection quickly and completely. Start immediately — do not wait for culture results to begin.

Step 1: Schedule Your Follow-Up

Schedule a brief visit — a 15-minute phone call is fine — for 3 days after giving your urine sample. We will review the culture results and determine whether a prescription antibiotic is needed, or whether the natural protocol has resolved the infection.

- Call or text the office: 520-222-6208
- A 15-minute phone appointment is sufficient
- Book for approximately 3 days after your urine sample date
- Bring any changes in symptoms to this visit

Step 2: Five-Day Supplement Protocol

Take all three of the following supplements for five consecutive days at the doses listed. This combination is highly effective for most UTIs and works synergistically to clear the infection from multiple angles.

Supplement	Dose	Frequency	Why It Works
Cystistatin	2 capsules	4 times per day	Herbal bladder formula, antimicrobial and anti-inflammatory support for the urinary tract
D-Mannose Powder	2,000 mg	Every 4 waking hours	Binds to E. coli and other bacteria, preventing them from adhering to the bladder wall, flushed out with urination

Step 3: Hydration Protocol

Hydration is not optional — it is the single most important thing you can do during a UTI. You must flush your bladder continuously to physically remove bacteria before they can adhere and multiply. Yes, you will urinate frequently. This is exactly what we want.

- Drink at least 80 oz (10 cups) of water daily — more if possible
- Sip water consistently throughout the day rather than drinking large amounts at once
- Bladder tea is highly recommended — marshmallow root, burdock, buchu, cornsilk, uva ursi
- Drink 4–8 cups of bladder tea daily alongside water
- Frequent urination is expected and beneficial — do not try to hold urine
- Avoid caffeine and alcohol — both irritate the bladder and dehydrate

Step 4: Dietary Guidelines

Eliminate During Treatment

- All added sugars — bacteria feed directly on sugar; elimination starves the infection
- Sweets, candy, soda, fruit juice, honey, maple syrup
- Alcohol — irritates the bladder lining and impairs immune function
- Refined carbohydrates — white bread, pasta, crackers (convert rapidly to sugar)
- Spicy foods and artificial sweeteners — irritate bladder epithelium

Activated Charcoal	2 capsules	Before bed	Binds bacterial toxins and LPS — reduces systemic immune burden and die-off symptoms. Take extra magnesium citrate if constipated

Do not take these supplements if pregnant, nursing, or sensitive to any of the ingredients. Contact the office if you have questions about any ingredient.

Additional Immune Support

- Vitamin C — 1,000–2,000 mg daily — acidifies urine and supports immune response
- Garlic (allicin) — natural broad-spectrum antimicrobial; raw or supplement form
- Fermented foods and probiotics — support gut and urinary microbiome balance
- Echinacea or elderberry — immune activation during active infection

Encouraged Foods

- Whole organic fruit is fine — berries (especially cranberries and blueberries) are beneficial
- Leafy greens and non-starchy vegetables — anti-inflammatory and immune supportive
- Lean proteins — wild fish, pastured eggs, grass-fed meat
- Garlic, ginger, turmeric — natural antimicrobial and anti-inflammatory
- Fermented foods — kefir, sauerkraut, kimchi — support protective microbiome

When to Seek Immediate Care

This protocol is for uncomplicated lower urinary tract infections. Seek urgent care or contact the office immediately if you experience any of the following — these may indicate the infection has spread to the kidneys (pyelonephritis):

- Fever above 101°F or chills
- Back or flank pain (pain in your sides or lower back, not just the bladder)
- Nausea or vomiting
- Symptoms significantly worsening after 48 hours on the protocol
- Blood visible in urine beyond mild pink tinge
- You are pregnant — kidney infections in pregnancy are a medical emergency

This protocol is highly effective for most UTIs. While waiting for culture results, start all supplements and hydration immediately. Most patients experience significant relief within 24–48 hours. If symptoms persist or worsen, contact us right away.