

Dear patient,

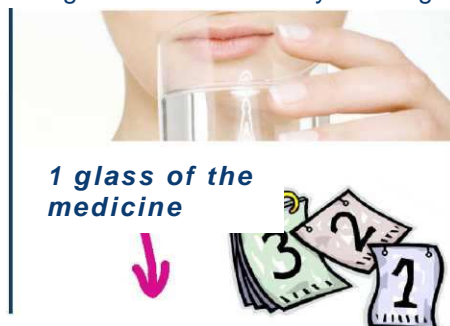
You have been diagnosed with a urinary tract infection. This is an infection of the urinary system caused by pathogens.

The following symptoms are typical for this illness:

- Pain and a burning sensation while passing urine
- Difficulties emptying the bladder
- Frequent urge to urinate while passing only small quantities of urine
- Pain above the pubis, possible cramps

How to take the medicine

Fosfomycin Aristo® should be taken approximately 2 hours before or after a meal. The content of the sachet must be dissolved in 150–200 ml of water and drunk immediately. Experience has shown that taking the medicine directly before going to sleep is most effective.



3 days of effect

If the endogenous defence system cannot fight the pathogen successfully, the infection can spread to the kidneys and the bloodstream, which may result in dangerous symptoms. Urinary tract infections are successfully treated with antibiotics.

You have been prescribed the drug **Fosfomycin Aristo®**. This substance only needs to be taken once. Over the course of several days, it eliminates the pathogens causing your symptoms.

During the treatment, you should drink normal quantities (1.5–2 litres per day) of fluid. Excessive fluid consumption could result in the medicine being flushed out of the bladder too early.

Your symptoms will abate after only a short period of time. If you do not notice adequate relief of your symptoms within three days of taking the medicine, please consult your GP once more.

Stamp

To prevent future urinary tract infections, please take note of the following preventive measures:

- Keep your feet warm! Keep your abdominal area warm. Foot baths at an increasing temperature help you stimulate the circulation of blood in your abdominal area.
- Always take off your wet bathing clothes after swimming.
- If possible, avoid large quantities of coffee, alcohol, and hot spices.
- A short-term adjustment of your diet can be beneficial: switch between alkaline foods (e.g. vegetables, fruit, lentils, wheat germs, dry fruit) and acidic foods (e.g. meat, sausage products, cheese, refined grain products). The fluctuating pH value of your urine will expel pathogens that thrive in acidic environments as well as those preferring alkaline pH values.
- Drink a lot of fluid. Warm, watery tea is ideal (particularly kidney/bladder teas). This will accelerate and increase the excretion of urine: pathogens will no longer have a chance to stick to the walls of the urinary tract. The excretion of more than two litres of urine per day can prevent an infection from spreading!
- Empty your bladder regularly. Frequent urination reduces the risk of a urinary tract infection.
- While urinating, sit on the toilet in an upright, relaxed position. Sitting in a bent-over position can prevent the complete emptying of the bladder.
- It is recommended to go to the toilet to urinate immediately after sexual intercourse. This flushes out any possible pathogens transmitted during intercourse.
- For purposes of contraception, avoid diaphragms and spermicides. Those products upset the regular bacterial flora inside the vagina, which facilitates the entrance of pathogens.
- Never use soap, shower gel, vaginal douches, or intimate deodorant sprays for your intimate hygiene. They destroy the acid protective layer of the skin, which functions as a natural barrier against pathogens.