

Urine Collection Guidelines for Recurrent UTI and IC Patients

Prior to collection:

Stop all products that coat the bladder wall (Elmiron, marshmallow root, aloe vera, slippery elm, corn silk) for at least one week before collecting a urine specimen. These inhibit embedded bacteria from shedding into the urine.

No oral antibiotics for two to three days. It takes seven half-lives for an antibiotic to wash out.

Take a biofilm disrupter 5-7 days before collecting: Kirkman Biofilm Defense (2 together once a day on an empty stomach, only water for 30 minutes afterwards) is a good choice until ready to escalate biofilm disruption or you know your genetics for having extra fibrin.

<https://femologist.com/products/biofilm-defense>

If not symptomatic, starting with a more potent product like lumbrokinase:

<https://femologist.com/products/boluoke-lumbrokinase>

<https://femologist.com/products/lumbrokinase-circulatory-system-support-30-60-delayed-release-capsules>

Collection:

1. If there is a certain time of day when your symptoms are more pronounced, that is the best time for the collection. Otherwise collect your first morning specimen and skip steps 2 and 3.
2. Empty your bladder (This flushes out ascending contaminants.)
3. Don't drink any fluids for the next 1-2 hours so the urine won't be diluted (concentrated –dark yellow colored is the goal).
4. Do a good soap and water wash of the genital area (don't use antibacterial soaps since they can disrupt normal protective skin flora). Rinse well and pat dry gently.
5. Collect a mid-stream collection (OK to collect beginning of urination if you experience urethral symptoms as well as bladder ones). Catheterized specimens are not recommended unless you use a catheter routinely.
6. Package and ship according to instructions in the MicroGenDX kit.
7. Since many UTIs in women result from pathogens from the vaginal tract spreading to the bladder, it is recommended that your first MicroGenDX testing uses a Women's Key kit. This will test both urine and vagina for pathogens. A healthy vagina is colonized with a medium load of lactobacilli. Once the vaginal flora is normalized, only follow-up testing of the urine is needed.