Cranberry

What is it?
Cranberry isn’t just for Thanksgiving anymore!! Cranberry fruit extract has been used for urinary tract infection (UTI) prevention for almost 50 years. If you get frequent urinary tract infections despite other preventive measures (increasing fluids, urinating before and after sex, avoiding tight underwear, etc.), Cranberry could be beneficial. It helps prevent bacteria from binding to the bladder wall.

It is NOT beneficial for treatment of UTIs.

Many Cranberry products are augmented for even better prevention with D Mannose. D mannose helps to bind bacteria in the bladder.

How much should I take?
The usual dose for Cranberry is 400 mg 2 times daily. Read the label on the back of the bottle to find out how much is in each capsule. It is VERY important to take it 2 times daily in order for it to be effective.

Is it safe?
Cranberry is very safe. The most common rare side effect is mild gastrointestinal upset. However, it should not be used to treat a uti. If you have symptoms of burning with urination, frequency, urgency, nausea, vomiting, or fever please see your provider.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment. We are dedicated to your health and wellbeing!!!