



Cranberry Spritzer

Urinary tract infections (UTIs) are very common in pregnancy, which is one reason we check urine during prenatal visits. An untreated bladder infection can quickly turn into a bad kidney infection requiring hospitalization. An antibiotic is usually given if bacteria are detected in the urine, and if a second UTI occurs, the prevailing practice is to put you on antibiotics for the rest of your pregnancy. Make sure you drink plenty of water every day to stay hydrated. I also recommend taking D-mannose (1 gram twice a day) to prevent recurrent UTIs. I like making spritzers with cranberry juice, which can help keep bacteria from attaching to the urethra and bladder walls.

Ingredients:

- 2 cups cranberry juice (without high fructose corn syrup)
- 3 cups water, sparkling or still
- 1 orange, sliced

Directions:

Mix the cranberry juice and water and put it in a pitcher. Wash and slice an orange and add. Refrigerate.

How to Use:

Serve cold over ice. Drink 1 cup twice a day.

Note: Remember, you want to try to prevent bladder infections. Children under 12, men of all ages, women over 65 years old or who are pregnant, should not try to treat a bladder infection at home.