

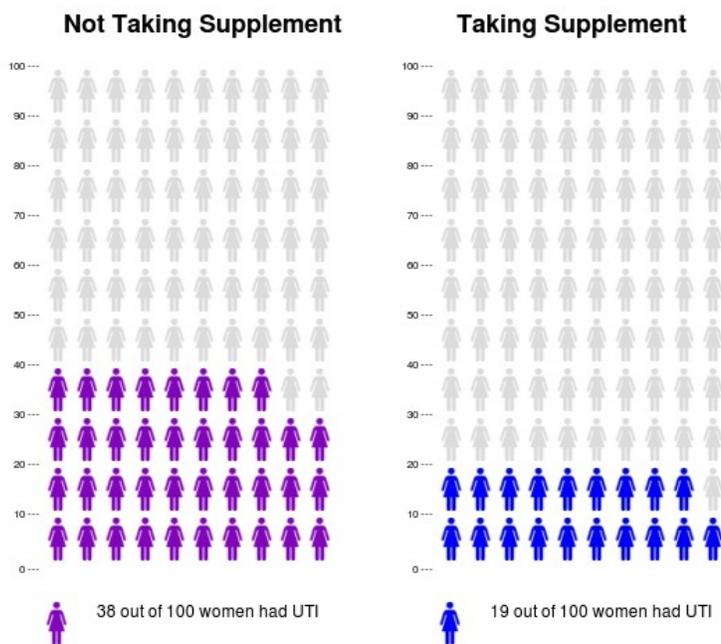
Using Cranberry Supplement after Gynecologic Surgery

Why do I need to take this supplement?

Cranberries contain proanthocyanidins (PACs), which help to prevent infection urinary tract infections. During your surgery, a bladder catheter is usually inserted. In most cases, it is removed later on the day of surgery or the next morning. This brief catheterization increases your risk of developing a urinary tract infection (UTI) in the weeks after surgery.

A National Institute of Health-funded study, conducted here at the University of Michigan, showed that cranberry supplementation after gynecologic surgery reduces the risk of developing a UTI by 50%.

Because of this study, Michigan Medicine recommends that you use TheraCran® One to reduce your risk of developing a UTI.



What do I need to do before the surgery?

Two weeks before your surgery, **order a 6-week supply of TheraCran® One capsules**. The cost is less than \$40. You can order online at: <http://www.theralogix.com/landing/MICH> or call (877) 772-9470. If you call, be clear that you want the 42-Day Supply Single Shipment and give Provider Code 948109.

When do I start taking TheraCran® One?

For best protection we recommend using cranberry both **before and after** your surgery.

- **One week before your surgery**, start taking one TheraCran® One capsule once a day. If you still haven't received it by 1 week before your surgery, start taking it when you get it. It will still help reduce your risk of UTI.
- You will continue taking one capsule per day for **5 weeks after the surgery**.

Should I continue taking cranberry after the five-week period is over?

Yes. Research has shown that a daily dose of 36 milligrams of proanthocyanidins (PACs) decreases the risk of having a Urinary Tract Infection. TheraCran® One is a certified cranberry supplement that has been standardized to contain 36 milligrams of PACs in one capsule.

How can I get the right daily dose of PACs?

You can get your daily dose in one of three ways:

- Take one TheraCran® One cranberry supplement once a day,
- Take a different supplement that is standardized to 36 milligrams of PACs per day, or
- Drink 8 to 10 ounces of cranberry juice cocktail (27% juice) a day

Comparison of TheraCran® One and Cranberry Juice Cocktail

	TheraCran® One Supplement	Cranberry Juice Cocktail
Calories per day	Less than 5	140-180
Grams of sugar per day	0	33
Cost for one month	\$28	\$25-\$35

We do not recommend drinking artificially sweetened juice because artificial sweeteners are bladder irritants.

What are the warning symptoms of a UTI?

You may have a UTI if you have any of the following signs and symptoms:

- Pain while urinating
- Frequent, strong need to urinate
- Strong need to go, but not much urine comes out
- Blood in your urine
- Fever – temperature above 38 Celsius or 100.4 Fahrenheit

What should I do if I get these symptoms?

Call your doctor right away.

If you are unsure of the number to call, contact Von Voigtlander Women's Hospital Patient Services toll free number at 1-855-589-6626

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