

Treating a Bladder Infection Without Antibiotics?

**A Guide to
Bladder Infections**



For more information, visit:
www.canephron.de/service

Bladder Infection – What Exactly Is It?

Acute Bladder Infection

Nearly **one in two women** experiences a bladder infection at some point in her life. Because the female urethra is very short and located close to the anus, **bacteria from the intestinal tract** can enter the bladder more easily and cause **inflammation of the bladder lining**.

Typical symptoms of a bladder infection:

- 🌀 Burning and pain during urination
- 🌀 Cramps in the lower abdomen
- 🌀 Frequent urge to urinate, but only small amounts of urine
- 🌀 Cloudy urine and an unpleasant odor



Bladder Infection – What Exactly Is It?

Recurrent Bladder Infection

A bladder infection is considered recurrent if it occurs at least **three times per year or twice within six months**.

If you are prescribed an antibiotic for a bladder infection, please take it according to your doctor's instructions. Stopping the medication prematurely can result in not all bacteria being killed, causing the infection to recur. On the other hand, frequent use can lead to the development of resistant bacteria and increase the likelihood of future bladder infections.

When should you see a doctor?

Consult a doctor if one or more of the following apply to you:

- ❧ Symptoms worsen or do not improve within three days
- ❧ Severe feeling of illness
- ❧ Pain in the kidney area
- ❧ Fever above 38°C
- ❧ Blood in the urine
- ❧ Nausea and vomiting



Pregnant women, children, men, and people with risk factors should have a bladder infection evaluated by a doctor.

| Use Antibiotics Only When Necessary

Antibiotics are important medicines and can save lives in **severe bacterial infections**. However, they also have **disadvantages**:



Development of resistance: Bacteria can become resistant and therefore insensitive to certain antibiotics – especially when they are taken frequently or unnecessarily.



Natural protective flora: Antibiotics do not only act against disease-causing bacteria but also affect beneficial bacteria, e.g. in the intestines or the intimate area.



Possible side effects: Changes in the bacterial flora can lead to symptoms such as diarrhea or vaginal yeast infections

To preserve their effectiveness in the long term, antibiotics **should only be used when specifically indicated**. Since bladder infections in patients without risk factors **resolve without complications in approximately 97% of cases**, current medical treatment guidelines recommend considering purely **symptomatic therapy**.

Canephron® represents an effective treatment option.



¹ <https://www.rosenfluh.ch/media/gynaekologie/2018/04/Akute-und-rezidivierende-Harnwegsinfektionen.pdf>

Comprehensive relief of symptoms

through a 4-fold mode of action

Canephron® combats all common symptoms of a urinary tract infection (UTI) through its **4-fold mode of action**.*



The **anti-inflammatory** and **pain-relieving effect** helps treat burning sensations and pain during urination.^{2,3}



The **antispasmodic effect** reduces urinary urgency and relaxes the bladder.^{2,4}



The **bacteria-flushing effect** inhibits bacterial adhesion and thereby promotes their elimination through urinary flushing.⁵

Canephron® thus effectively alleviates the symptoms of a bladder infection*.



Canephron®
Your first choice for bladder infections.*



* Canephron® is a traditional herbal medicinal product used to support the treatment of mild urinary tract symptoms and as an adjunct to specific measures for inflammatory conditions of the urinary tract, such as frequent urination, a burning sensation during urination, and increased urinary urgency. | ² Mild symptoms may include a burning sensation during urination, pain, and cramping in the lower abdomen, which are typically associated with inflammatory conditions of the urinary tract. | ³ Experimental studies have demonstrated the anti-inflammatory properties of Canephron®. Anti-inflammatory and pain-relieving effects have also been demonstrated in vivo. | ⁴ Antispasmodic properties of Canephron® have been demonstrated in experimental studies using human bladder tissue. | ⁵ Experimental studies have shown that Canephron® can help reduce the adhesion of bacteria to the bladder lining, thereby supporting the natural flushing out of bacteria.

Treat bladder infections without antibiotics – with Canephron®

A large-scale clinical study involving more than 600 female patients demonstrated **successful treatment without antibiotics**. In this study, Canephron® was compared with the most commonly prescribed antibiotic for bladder infections.*

Study results at a glance:



Antibiotic avoidance: 84% of patients treated with Canephron® did not require antibiotic treatment.

Note: In the antibiotic group, 10% of patients still required a second antibiotic treatment.¹



Effective symptom relief: Unpleasant symptoms were relieved just as quickly and effectively with Canephron® as in the antibiotic group.¹



High cure rate: After 8 days, 80% of women treated with Canephron® were cured—an outcome comparable to that achieved with the antibiotic Fosfomycin (78.7%).²

Benefits of treatment with Canephron®:

- ✓ Provides comprehensive relief of bladder infection symptoms
- ✓ Comparable to an antibiotic in terms of speed and effectiveness¹
- ✓ Helps preserve the gut microbiome³
- ✓ Is very well tolerated
- ✓ Does not contribute to the development of antibiotic resistance

¹Wagenlehner et al. Urol Int. 2018; 101(3):327-336. doi:10.1159/000493368.

²Alidjanov et al., Investig Clin Urol 2020; 61:498-507. Heilungsrate: ACSS Typische Symptome ≤4, Kein Wert >1, kein sichtbares Blut im Urin.

³Nausch et al. 2022. Antibiotics, 11(10), 1331. doi: 10.3390/antibiotics11101331.

Canephron®

Natural support when you need it most

As a herbal medicinal product, **Canephron®** is very well tolerated. Its effective combination of **rosemary**, **centaury**, and **lovage** has proven effective in the treatment of bladder infections*.*



Rosemary



Centaury



Lovage



*Canephron® is a traditional herbal medicinal product used as supportive treatment and as an adjunct to specific measures for mild symptoms (such as frequent urination, burning during urination, and increased urinary urgency) associated with inflammatory conditions of the urinary tract.

Dosage Instructions

How to take Canephron® correctly

Canephron®

Canephron® Uno

- ☛ Daily dosage: 3 × 1 coated tablet
- ☛ Ages 12 and up



When taking Canephron® Uno, ensure adequate fluid intake.

Canephron® N Dragees

- ☛ Daily dosage: 3 × 2 coated tablets
- ☛ Ages 12 and up



Canephron® N Tropfen

- ☛ Daily dosage: 3 × 5 ml
- ☛ Ages 12 and up



Additional Tips

Prevent effectively and take action early



Fluid intake:

Drink at least 2 litres of water or unsweetened fruit or herbal teas per day.



Warmth:

Keep the lower abdomen and kidney area warm and protect them from getting chilled.



Proper intimate hygiene:

Clean the intimate area preferably using only warm water and pH skin-neutral cleansers.



Wiping technique:

When using the toilet, always wipe from front to back to help prevent the spread of bacteria.



After sexual intercourse:

Urinate after sexual intercourse to help flush out any bacteria that may have entered the urinary



Tip for on the go:

Include **Canephron®** in your travel kit and home medicine cabinet. This allows you to start taking it at the first signs of a bladder infection. Early treatment of symptoms may help you avoid the need for antibiotics.*



For comprehensive information on bladder infections and urinary health, please visit:
www.blase-gesundheit.de/ratgeber

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TOGETHER THROUGH EVERY STAGE OF LIFE.

NATURALLY, YOUR FIRST CHOICE
FOR WOMEN'S HEALTH.



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Canephron® For Bladder Infections* your 1. choice.

Relieve symptoms.
Take control of your bladder.



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DURCH WISSENSCHAFT BESTÄTIGT.

Apothekenstem-



Questions about
our medicines?



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***Canephron®** is a traditional herbal medicinal product used as supportive treatment and as an adjunct to specific measures for mild symptoms (such as frequent urination, burning during urination, and increased urinary urgency) associated with inflammatory conditions of the urinary tract.

Canephron® Uno • Traditional herbal medicinal product used as supportive treatment and as an adjunct to specific measures for mild symptoms (such as frequent urination, burning during urination, and increased urinary urgency) associated with inflammatory conditions of the urinary tract; and for flushing the urinary tract to help reduce the formation of renal gravel (kidney sediment). Note: This medicinal product is a traditional herbal medicinal product registered exclusively on the basis of long-standing use for the specified indication. Patients should consult a physician or another qualified healthcare professional if symptoms persist or if adverse reactions other than those listed in the package leaflet occur. Contains glucose, sucrose (sugar), and lactose. For risks and side effects, read the package leaflet and consult your doctor, pharmacist, or other healthcare professional. 08|23

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