



University of  
**BRISTOL**



## The Optimal Probiotic Study

A study investigating the optimal probiotics to be used in a future trial to prevent Urinary Tract Infections (UTIs) and reduce antibiotic consumption.

### What are probiotics?

Probiotics are often called 'good' bacteria and can be found for example in some yoghurts. It's thought they may help to maintain good health by providing a healthy bacterial balance in the body. There are several probiotics available such as lactobacilli and bifidobacteria, and they can be taken in different ways.

### Who can help?

Women aged 18-70 who experience recurrent **Urinary Tract Infections**

### How can you help?

By coming to a Bristol venue **for up to 2 hours** to share your thoughts on probiotics and UTI treatments confidentially in a group of 7 other women.

### What do you need to know?

- You don't need to know about probiotics (but it's fine if you do!);
- This is not a trial (though we are hoping our results may lead to one);
- We are not asking you to change your medication or to take probiotics;
- **We will pay your travel expenses and light refreshments will be provided.**

### Please could you spare 2 hours to help?

Please contact **Lorna Duncan** for more information/ date/ time on

Tel: **0117 3314561** or by email: [lorna.duncan@bristol.ac.uk](mailto:lorna.duncan@bristol.ac.uk)

**We'll be very grateful for your contribution to our study!**