Figure 1. Self-management protocol using probiotics (SMP-Pro)

LACTOBACILLUS BLADDER INSTILLATION PROTOCOL DAY 1

Are you experiencing any of the following symptoms?*
- Fever
- Shaking chills
- Feeling unclear, foggy or confused
- Overall sense of discomfort
- Feeling more tired than usual
- Side pain in the lower back
- Tenderness to touch in the side of the low back
- Blood in urine
- Abdominal pain below belly button
- Increase in muscle tightness or tone
- Autonomic dysreflexia (if applicable)
- Sense of unease
- "with no other identified source of infection"

Yes → DO NOT START LACTOBACILLUS
Seek medical attention for possible UTI

No → Can your urine be described as ‘cloudy,’ OR ‘bad-smelling, stronger, fouler’ or more pungent than normal?

Yes → START LACTOBACILLUS
- Instill Lactobacillus as directed and increase fluid intake

Check
- Re-evaluate symptoms in 22-30 hours using DAY 2 LACTOBACILLUS PROTOCOL

No → Did you report a symptom on the urinary symptom questionnaire that you believe is of urinary origin?

Yes → DO NOT START LACTOBACILLUS
- Increase fluid intake and catheterizations

No → DO NOT START LACTOBACILLUS

LACTOBACILLUS BLADDER INSTILLATION PROTOCOL DAY 2 (22-30 hours after first instillation)

Are you experiencing any of the following symptoms?*
- Fever
- Shaking chills
- Feeling unclear, foggy or confused
- Overall sense of discomfort
- Feeling more tired than usual
- Side pain in the lower back
- Tenderness to touch in the side of the low back
- Blood in urine
- Abdominal pain below belly button
- Increase in muscle tightness or tone
- Autonomic dysreflexia (if applicable)
- Sense of unease
- "with no other identified source of infection"

Yes → DO NOT START LACTOBACILLUS
- Seek medical attention for possible UTI

No → Can your urine still be described as ‘cloudy,’ OR ‘bad-smelling, stronger, fouler’ or more pungent than normal?

Yes → INSTALL 2нд DOSE OF LACTOBACILLUS
- Instill Lactobacillus as directed and increase fluid intake

Check
- Do symptoms persist 4 hours after instillation of 2nd dose Lactobacillus?

Yes → Seek medical attention

No → STOP LACTOBACILLUS
- Return to usual bladder management

No → Did you report a symptom on the urinary symptom questionnaire that you believe is of urinary origin?

Yes → DO NOT START LACTOBACILLUS
- Increase fluid intake and catheterizations

No → DO NOT START LACTOBACILLUS

NOTE: You have the right to seek medical attention at any time