

NICE uses 'offer' when there is more certainty of benefit and 'consider' when evidence of benefit is less clear

## Preventing urinary tract infection in people with recurrent UTI

Advise about behavioural and personal hygiene measures, and self-care to reduce the risk of UTI

Pregnant woman, or man, or child or young person under 16 years, or any person with recurrent upper UTI

Non-pregnant woman

Refer or seek specialist advice

If no improvement after behavioural and personal hygiene measures, consider a trial of daily antibiotic prophylaxis with specialist advice

- If no improvement or no identifiable trigger, consider a trial of daily antibiotic prophylaxis
- Refer or seek specialist advice if underlying cause unknown or cancer suspected

If no improvement, consider single-dose antibiotic prophylaxis for exposure to an identifiable trigger

- Consider vaginal (not oral) oestrogen for postmenopausal women if behavioural and personal hygiene measures not effective or appropriate
- Review within 12 months (or earlier if agreed)

- When single-dose antibiotic prophylaxis is given, advise:
  - how to use
  - possible adverse effects of antibiotics, particularly diarrhoea and nausea
  - returning for review within 6 months
  - seeking medical help if symptoms of an acute UTI develop
- When a trial of daily antibiotic prophylaxis given, advise:
  - risk of resistance with long-term antibiotics
  - possible adverse effects of long-term antibiotics
  - returning for review within 6 months
  - seeking medical help if symptoms of an acute UTI develop

- Review at least every 6 months should include:
  - assessing prophylaxis success
  - reminders about behavioural and personal hygiene measures, and self-care
  - discussing whether to continue, stop or change antibiotic prophylaxis

### Background

- Recurrent UTI includes lower and upper UTI
- Recurrent UTI may be due to relapse (same strain of bacteria) or reinfection (different strain or species of bacteria)

### Self-care

- Non-pregnant women may wish to try D-mannose
- Non-pregnant women may wish to try cranberry products (evidence uncertain)
- Under 16s may wish to try cranberry products with specialist advice (evidence uncertain)
- Advise people taking cranberry products or D-mannose about the sugar content of these products
- Inconclusive evidence for probiotics

### Treatments

- Vaginal oestrogen—take account of severity and frequency of symptoms, risk of complications, benefits for other symptoms (vaginal dryness), possible adverse effects (breast tenderness and vaginal bleeding), unknown long-term endometrial safety and preferences for treatment
- Antibiotics—ensure any current UTI is treated and take account of severity and frequency of symptoms, risk of complications and long-term antibiotic use, previous urine culture and susceptibility results, previous antibiotic use, local antimicrobial resistance, and preferences for treatment