Preventing urinary tract infection in people with recurrent UTI

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

UTI=urinary tract infection.