

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

## Lower urinary tract infection (UTI)

Give advice about managing symptoms with self-care

Pregnant woman, or man, or child or young person under 16 years

Non-pregnant woman

- Send midstream urine for culture and susceptibility for pregnant women and men
- Send urine for culture and susceptibility or dipstick in line with the NICE guideline on urinary tract infection for under 16s
- Offer immediate antibiotic
- Assess and manage fever in under 5s in line with the NICE guideline on fever in under 5s

If urine sent for culture and susceptibility, and antibiotic given:

- review antibiotic choice when results available, and
- change antibiotic for pregnant women if bacteria resistant
- change antibiotic for children and young people, men and non-pregnant women if bacteria resistant and symptoms not improving

Use a narrow spectrum antibiotic when possible

Consider a back-up antibiotic prescription or immediate antibiotic, noting that the evidence for back-up antibiotics was from women not needing immediate treatment

- Refer to hospital if a person aged 16 or over has any symptoms or signs suggesting a more serious illness or condition (for example, sepsis)
- Refer children and young people to hospital in line with the NICE guideline on urinary tract infection in under 16s

- Reassess at any time if symptoms worsen rapidly or significantly or do not improve in 48 hours of taking antibiotics, sending a urine sample for culture and susceptibility if not already done. Take account of:
  - other possible diagnoses
  - any symptoms or signs suggesting a more serious illness or condition
  - previous antibiotic use, which may have led to resistance

With all antibiotic prescriptions, advise:

- possible adverse effects of antibiotics include diarrhoea and nausea
- seeking medical help if symptoms worsen at any time, do not improve within 48 hours of taking the antibiotic, or the person becomes very unwell

With a back-up antibiotic prescription, also advise:

- antibiotic is not needed immediately
- use prescription if no improvement in 48 hours or symptoms worsen at any time

### Background

- Lower UTI (cystitis) is a bladder infection usually caused by bacteria travelling up to the urethra from the gastrointestinal tract

### Self-care

- Advise paracetamol for pain or, if preferred and suitable, ibuprofen
- Advise drinking enough fluid to avoid dehydration
- No evidence found for cranberry products or urine alkalising agents to treat lower UTI

### Antibiotics

- When considering antibiotics, take account of severity of symptoms, risk of complications, previous urine culture and susceptibility results, previous antibiotic use which may have led to resistant bacteria and local antimicrobial resistance data

### Asymptomatic bacteriuria

- Asymptomatic bacteriuria is significant levels of bacteria in urine with no UTI symptoms
- Screened for and treated in pregnant women because risk factor for pyelonephritis and premature delivery
- Not screened for or treated in non-pregnant women, men, children or young people