

Management of Recurrent UTI in non-pregnant women

Recurrent UTI* in women

(≥2 infections within 6 months, ≥3 infections within 1 year)

*Either MSU proven **OR** on dipstick urinalysis **OR** on basis of symptoms

Investigations

- Mid-stream urine for microscopy, culture and sensitivity
- Dipstix
- Treatment failure may represent bacterial persistence because of antibiotic resistance rather than UTI recurrence

[2ww referral](#)

routine referral

preventative management

Telephone advice

- Please feel free to contact the on-call urology consultant via Addenbrooke's switchboard (01223 245151) or send a C&B Advice and Guidance referral

Red Flag Signs / Symptoms

- Symptomatic visible haematuria at any age, after exclusion of single UTI
- Persistent symptomatic non-visible haematuria at any age – lower urinary tract symptoms, dysuria

IF patient has

- Diabetes
- Known urinary tract abnormalities
- Known calculi
- Associated episodes of pyelonephritis
- Failure of preventative management
- [See CKS for further indications](#)

Consider:

Renal tract USS to exclude abnormality

Recommend:

Antibiotic prophylaxis

- Post coital antibiotics if UTI associated with sexual intercourse (e.g. trimethoprim 100mg within 2h of intercourse)
- 6 month trial of low dose continuous antibiotic treatment (e.g. trimethoprim 100mg ON, nitrofurantoin 50mg ON)

Avoidance of spermicidals for contraception

Topical vaginal oestrogens can be offered to post-menopausal women (CI in those with previous breast / endometrial cancer)

Useful links

- [NICE Clinical Knowledge Summary](#)
- [Addenbrooke's patient information sheet: Self-help for patients with recurrent cystitis](#)
- [Cambridge and Peterborough Clinical Commissioning Group Formulary](#)

References

[NICE Clinical Knowledge Summary](#)

EAU Guideline Urological Infections 2014

(http://www.uroweb.org/gls/pdf/19%20Urological%20infections_LR.pdf)

Addenbrooke's Hospital, Microbiology Guideline, Urinary and genital tract infections, Version 2, Approved July 2012