

# Advice for patients experiencing recurrent Urinary Tract Infections (without catheter)<sup>1</sup>

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- You have been given this patient information leaflet because you have had a number of urinary tract infections (UTI's).
- UTI's are very common and in the majority of cases are not due to any serious underlying cause.
- However, we know that the symptoms of UTI's are very unpleasant and we hope that this leaflet gives you some ideas on how to prevent infections going forward.

## For all patients:

- **Self-Care:**
  - Drink plenty
  - Observe good hygiene (especially in women, wiping front to back after having a poo)
  - Empty the bladder regularly – don't hold off, if you need to go then go.
  - Avoid being constipated – we can help with laxatives if needed.

- **Non-prescription treatments:**
  - D Mannose and cranberry products: There is limited evidence of benefit for D Mannose and cranberry products but some people have found relief. If you are keen to avoid antibiotics then these can be tried first.
  - Please be aware of the **high sugar content** of both types of products.
- **Topical vaginal oestrogen in post-menopausal women:**
  - Can help prevent infections and can be used first line. It has recently become available to buy over the counter or can be prescribed by the GP.
- **Non antibiotic prescribing**
  - Methenamine Hippurate is a urinary antiseptic medication. Taken as 1g twice a day there is evidence this can help prevent recurrent infections. It is a further option for patients who might not want to take oral antibiotics.
- **Prophylactic antibiotics:**
  - These are antibiotics taken at low dose for 6 months to try and prevent recurrence.
  - 1st line either trimethoprim or nitrofurantoin
    - Trimethoprim: 200mg stat as single-dose (if things like sexual intercourse always cause a UTI) or 100mg at night daily
    - Nitrofurantoin: 100mg stat as single-dose or 50-100mg at night daily
  - Amoxicillin and cefalexin are 2nd line

- We would need to keep an eye on some blood tests (kidney and liver function) and your breathing if you stay on some antibiotics long term.

Some groups of patients need further investigations at the hospital for recurrent UTI's and these include:

- Men
- Recurrent upper UTI eg pyelonephritis
- Recurrent lower UTI of unknown cause
- Pregnant women
- Those with red flags for cancer eg blood in the urine after an infection has settled

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<sup>i</sup> Written by Dr Cath Liley November 2022  
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