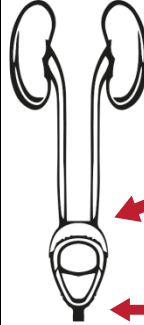


For women under 65 years with suspected lower urinary tract infections (UTIs) or lower recurrent UTIs (cystitis or urethritis)

Possible urinary signs & symptoms	The outcome	Recommended care	Types of urinary tract infection (UTI)
<p>Key signs/symptoms: Dysuria: Burning pain when passing urine (wee) New nocturia: Needing to pass urine in the night Cloudy urine: Visible cloudy colour when passing urine</p> <p>Other severe signs/symptoms: Frequency: Passing urine more often than usual Urgency: Feeling the need to pass urine immediately Haematuria: Blood in your urine Suprapubic pain: Pain in your lower tummy</p> <p>Other things to consider: Recent sexual history <ul style="list-style-type: none"> Inflammation due to sexual activity can feel similar to the symptoms of a UTI Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI Changes during menopause <ul style="list-style-type: none"> Some changes during the menopause can have symptoms similar to those of a UTI </p>	<p>Non-pregnant women:</p> <p><input type="checkbox"/> If none or only one of: dysuria, new nocturia, cloudy urine; AND/OR vaginal discharge →</p> <ul style="list-style-type: none"> UTI much less likely You may need a urine test to check for a UTI Antibiotics less likely to help Usually lasts 5 to 7 days <p><input type="checkbox"/> If 2 or more of: dysuria, new nocturia, cloudy urine; OR bacteria detected in urine; AND NO vaginal discharge →</p> <ul style="list-style-type: none"> UTI more likely; antibiotics should help You should start to improve within 48 hours Symptoms usually last 3 days <p>Pregnant women: Always request urine culture</p> <p><input type="checkbox"/> If suspected UTI →</p>	<p><input type="checkbox"/> Self-care and pain relief. <ul style="list-style-type: none"> Symptoms may get better on their own <input type="checkbox"/> Delayed or backup prescription with self-care and pain relief Start antibiotics if symptoms: <ul style="list-style-type: none"> Get worse Do not get a little better with self-care within 48 hours <input type="checkbox"/> Immediate antibiotic prescription plus self-care</p> <p><input type="checkbox"/> If mild symptoms, delayed or back-up antibiotic prescription plus self-care</p> <p><input type="checkbox"/> Immediate antibiotic prescription plus self-care</p>	<p>UTIs are caused by bacteria getting into your urethra or bladder, usually from your gut. Infections may occur in different parts of the urinary tract.</p>  <p>Kidneys (make urine) Infection in the upper urinary tract <ul style="list-style-type: none"> Pyelonephritis (pie-lo-nef-right-is). Not covered in this leaflet and always needs antibiotics </p> <p>Bladder (stores urine) Infection in the lower urinary tract <ul style="list-style-type: none"> Cystitis (sis-tight-is). </p> <p>Urethra (takes urine out of the body) Infection or inflammation in the urethra <ul style="list-style-type: none"> Urethritis (your-ith-right-is) </p>

Self-care to help yourself get better more quickly	When should you get help? Contact your GP practice or contact NHS	Options to help prevent a UTI	Antibiotic resistance
<ul style="list-style-type: none"> Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses including water, decaffeinated and sugar-free drinks Take paracetamol or ibuprofen at regular intervals for pain relief, if you have had no previous side effects There is currently no evidence to support taking cranberry products or cystitis sachets to improve your symptoms Consider the risk factors in the 'Options to help prevent UTI' column to reduce future UTIs 	<p>The following symptoms are possible signs of serious infection and should be assessed urgently</p> <p>Phone for advice if you are not sure how urgent the symptoms are</p> <ol style="list-style-type: none"> You have shivering, chills and muscle pain You feel confused, or are very drowsy You have not passed urine all day You are vomiting You see blood in your urine Your temperature is above 38°C or less than 36°C You have kidney pain in your back just under the ribs Your symptoms get worse Your symptoms are not starting to improve within 48 hours of taking antibiotics 	<p>It may help you to consider these risk factors:</p> <p>Stop bacteria spreading from your bowel into your bladder. Wipe from front (vagina) to back (bottom) after using the toilet.</p> <p>Avoid waiting to pass urine. Pass urine as soon as you need a wee.</p> <p>Go for a wee after having sex to flush out any bacteria that may be near the opening to the urethra.</p> <p>Wash the external vagina area with water before and after sex to wash away any bacteria that may be near the opening to the urethra.</p> <p>Drink enough fluids to make sure you wee regularly throughout the day, especially during hot weather.</p> <p>If you have a recurrent UTI, the following may help</p> <ul style="list-style-type: none"> Cranberry products and D-mannose: There is some evidence to say that these work to help prevent recurrent UTI After the menopause: Topical hormonal treatment may help; for example, vaginal creams. Antibiotics at night or after sex may be considered 	<p>Antibiotics can be lifesaving. But antibiotics are not always needed for urinary symptoms.</p> <p>↓</p> <p>Antibiotics taken by mouth, for any reason, affect our gut bacteria making some resistant.</p> <p>↓</p> <p>Antibiotic resistance means that the antibiotics cannot kill that bacteria.</p> <p>↓</p> <p>Antibiotic resistant bacteria can remain in your gut for at least a year after taking an antibiotic.</p> <p>↓</p> <p>Common side effects to taking antibiotics include thrush, rashes, vomiting and diarrhoea. Seek medical advice if you are worried.</p> <p>↓</p> <p>Keep antibiotics working; only take them when advised by a health professional. This way they are more likely to work for a future UTI.</p>

Self-Management and rescue pack advice sheet

You have been provided with a red-top urine sample pot and a rescue pack of antibiotics.

What to do if you experience urinary tract infection symptoms:

1. Collect a mid-stream sample of your urine in the sample pot provided.
2. Place the pot of urine in a sealed plastic bag and hand in to the GP reception straight away. If there is a delay, store in the fridge and hand in on the next working day.
3. Take the first dose of the antibiotic supplied.
4. Follow the instructions for taking the full course of antibiotics.
5. Contact your GP practice to discuss the results of the urine culture (usually available 24-72 hours after handed into the practice), and to obtain a new sample pot and rescue pack of antibiotics. The GP will check whether the same antibiotics are still appropriate for your next rescue pack (if the antibiotic will still work against the bacteria in the urine).

What to do if the symptoms of urinary tract infection do not improve:

Your symptoms should start to improve once you start taking the antibiotics. If you have not improved within 48 hours, or the symptoms have got worse, or you feel feverish, develop new back pain or feel generally unwell, contact the GP practice, or call 111 if the GP practice is shut.

	Date of start of symptoms	Date urine sample provided	Date of start of antibiotics (if given)	Date symptoms settled
1				
2				
3				
4				

How should I collect a urine sample?

You should:

- collect your pee (urine) sample in a completely clean (sterile) container.
- store it in a fridge in a sealed plastic bag if you can't hand it in straight away.

Collecting a urine sample

Your doctor or another healthcare professional should give you a container and explain how you should collect the urine sample.

You can collect a urine sample at any time of day, unless your GP or practice nurse advises you otherwise.

The types of urine sample you might be asked for include a random specimen, first morning specimen or timed collection.

To collect a urine sample you should:

- label a sterile, screw-top container with your name, date of birth and the date
- wash your hands
- start to pee and collect a sample of urine "mid-stream" in the container
- screw the lid of the container shut
- wash your hands thoroughly

Follow any other instructions your doctor has given you.

What is a mid-stream urine sample?

A mid-stream urine sample means you don't collect the first or last part of urine that comes out. This reduces the risk of the sample being contaminated with bacteria from:

- your hands
- the skin around the urethra, the tube that carries urine out of the body