

## URINARY TRACT INFECTIONS

### Quick Reference Guide for the Diagnosis of UTI in Adults in Primary Care

*Dipsticks become more unreliable with increasing age over 65 years. Up to half of older adults, and most with a **urinary catheter** will have bacteria present in the bladder/urine without an infection (asymptomatic bacteriuria).*

Urinary tract infection: diagnostic tool for primary care: [here](#)

#### [Urine Culture in Men and Women >65 years:](#)

- Do not perform urine dipsticks
- Send urine samples prior to antibiotic treatment but don't send urine for culture in asymptomatic elderly patients with positive dipsticks
- Do not treat asymptomatic bacteriuria as it does not reduce mortality, and prevent symptomatic episodes, but does increase side effects and antibiotic resistance.
- Only send urine for culture if two or more signs of infection, especially dysuria, temperature >38°C or new incontinence.
- Review urine culture results to check that empirical treatment is appropriate.

#### **When else to send a urine sample for culture:**

- Suspected UTI in men
- Suspected pyelonephritis (see [pyelonephritis](#) section)
- Failed antibiotic treatment or persistent symptoms
- Suspected complicated UTI: recurrent UTIs, previous urogenital surgery, urinary tract abnormalities (see [complicated UTI](#) section)
- Pregnancy (see [UTI in pregnancy](#) section)
- [Children](#) (see [UTI in children](#) section)

#### **Urine Culture in Men and Women with Catheters:**

- **Dipstick tests are not useful in catheterised patients.**
- Only send urine for culture in catheterised patients if there are features of systemic infection.
- Do not treat asymptomatic bacteriuria in asymptomatic catheterised patients.
- Do not routinely give antibiotic prophylaxis for catheter changes.
- Patients should have a catheter passport (ask your local continence team).

#### **Resources**

- The [TARGET antibiotics toolkit hub](#) includes leaflets to discuss with patients, [diagnostic tools](#), and other UTI resources.
- [To Dip or Not To Dip training animation - YouTube](#)

Version Control- Quick Reference Guide for the Diagnosis of UTI in Adults in Primary Care			
Version	Author(s)	Date	Changes
V2.1	Shary Walker Interface and Formulary Pharmacist	03/05/22	Added the links; Upper UTI, UTI in Pregnancy, & UTI in Children Added links to antibiotics toolkit hub
V2.2	Nichola Butcher, Deepa Baxi	08/12/23	Added link to NUH To Dip or Not To Dip training video