



Urinary Tract Infection

CONSULT FORM



Confirm the patient is aware of charges for the service and consents to their personal information being recorded and a dispense record being uploaded to their My Health Record.

Full Name:

Date of Birth (18-65 years only):

Address:

Sex (anatomical):

Male

Female

Medicare No:

What symptoms is the patient experiencing (patient must have 2 or more of the following)?

Dysuria

Notes

Suprapubic pain

Urinary frequency

Urinary urgency

Refer if the patient has any of the following:

YES NO

Has any vaginal symptoms, itch, discharge?

Has any systemic symptoms (fever, chills, nausea, feeling particularly unwell, flank pain)?

Is pregnant, postpartum (4-6 weeks after birth) or had a recent miscarriage or abortion?

Has been treated for a UTI in the last 6 months?

Has been treated for more than two UTIs in the last 12 months?

Has prior non-responsiveness to UTI treatment? (e.g. symptoms of a UTI persisting 48-72 hours after starting treatment)

Had recurrence of UTI symptoms within 2 weeks of completing antimicrobial treatment?

Has been hospitalised in the last 4 weeks or been an inpatient of a health care facility in the last 3 months?

Has travelled overseas in the last 3 months or to a country with a high prevalence of antibiotic (eg. Southeast Asia and South Asia) in the last 6 months?

Is at risk of having an STI?

Is on medications that suppress the immune system (azathioprine, cyclosporin, methotrexate)?



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Refer if the patient has any of the following:

YES NO

- Visible haematuria (blood in the urine)
 - Pyuria (pus in the urine)
 - Urinary tract abnormality or obstruction
 - History of renal stones
 - Urinary catheter within the last 48 hours
 - Previous episodes of pyelonephritis
 - Immunocompromised
 - Spinal cord injury
 - Diabetes
 - IUD in situ
 - Antibiotic use in the past 3 months
 - History of blood disorder/porphyria
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SUMMARY OF UTI TREATMENT

Referral for further care recommended

Symptomatic treatment of symptoms

- Drink 1.5 litres more fluid than usual to keep hydrated while flushing the bacteria out of the urinary tract.
- Simple pain relievers (e.g. paracetamol, ibuprofen) can reduce pain and discomfort.
- Urinary alkalinising agents (e.g. Ural, Citravescent) may relieve dysuria, however their safety and efficacy have not been established. These should not be used concurrently with nitrofurantoin antibiotics.

Nitrofurantoin 100mg (20) every 6 hours for 5 days

- Take with food or milk.
- Do not take urinary alkalinizers or antacids.
- May cause discolouration (brown or rust-yellow) of the urine.
- May possibly stain soft contact lenses.

Trimethoprim 300mg (3) at night for 3 days

- Take at night to maximise urinary concentration.

It is important to finish the course of antibiotics and not stop early even if your UTI symptoms improve or resolve. UTI symptoms often improve within two days of starting treatment with an antibiotic.

Treatment Summary:

Patient Follow-up Advice:



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SUMMARY OF UTI TREATMENT CONTD.

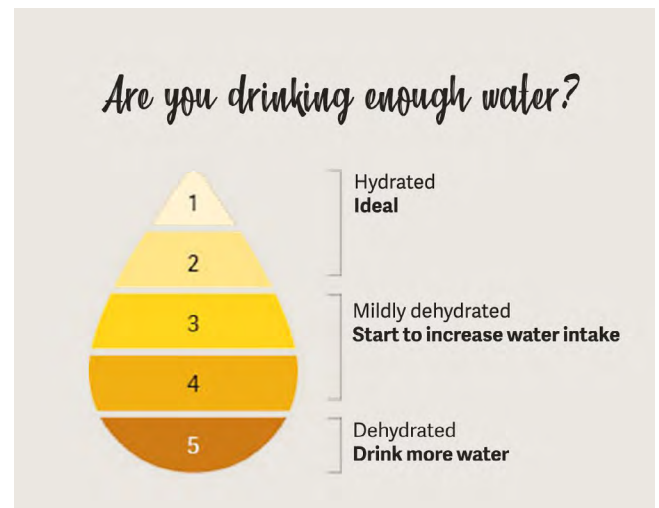


Ongoing Self-Care:

- Drink plenty of fluids, preferably water.
- Go to the toilet as soon as you feel the need to urinate.
- Empty your bladder completely when urinating.
- Wear cotton underwear and avoid wearing tight fitting clothing, such as tight jeans or trousers.
- Where possible, take showers rather than baths.
- If you have a bath, try not to stay in the water longer than 15 minutes.
- If diabetic, maintain good control of blood sugar levels.
- Women should wash the external vaginal area with water before and after sex.
- Urinate before and after sex.
- You may find using a water-based lubricant during sex may help.
- Stop bacteria spreading from your bowel into your bladder:
 - » After urination, women should wipe from front to back to prevent infections.
 - » Keep the genital area clean and dry.
 - » Change sanitary pads and incontinence pads often, and clean genital area if soiled.
 - » Avoid highly scented soaps, vaginal deodorants, creams and bath products as these can irritate the genital area.
 - » Use only a mild soap and make sure you wash it off thoroughly.
 - » Wash your genitals every day.
- Drink enough fluid (6 - 8 glasses) so that you pass urine regularly during the day, and to avoid feeling thirsty, especially during hot weather.

Seek medical advice if:

- The antibiotic treatment has not been effective.
- Your symptoms persist 48-72 hours after starting therapy.
- Your symptoms return within two weeks of completing therapy.
- You develop other/different symptoms.



Source: Kidney Health Australia

Pharmacist:

Date:

Pharmacy's contact details here