



# Urinary Tract Infection

## TREATMENT SUMMARY



### Scope

- Uncomplicated urinary tract infection (UTI)
- Patient meets clinical inclusion criteria (as per the approved training)
- Female aged 18-65 years
- Patient has not been treated for:
  - » 1 or more UTIs in the previous 6 months OR
  - » More than 2 UTIs in the previous 12 months



### Conditions



- Provided by registered pharmacists who have completed training
- At a registered pharmacy with an area suitable to maintain confidentiality
- Completion of a comprehensive clinical record of treatment
- Generation of a service summary provided to the patient or their primary health provider
- Medication (if indicated) is dispensed and labelled according to regulations and is uploaded to My Health Record

### Exclusions

#### BASED ON PATIENT & SYMPTOMS

- Male
- <18 years or >65 years
- Pregnant or 4-6 weeks postpartum
- Presenting with only 1 symptom of cystitis (dysuria, urinary frequency, urinary urgency, suprapubic pain)
- Fever >38°C
- Chills
- Nausea
- Vomiting
- Back/side pain
- Vaginal itch and/or discharge

#### BASED ON PATIENT HISTORY

- Treated for 1 or more UTIs in the previous 6 months
- Treated for more than 2 UTIs in the previous 12 months
- Reoccurrence of UTI symptoms within 2 weeks of treatment
- Prior non-responsiveness to UTI treatment
- Any multidrug resistant infection in previous 3 months

#### BASED ON MEDICATION HISTORY

- Antimicrobial use in previous 3 months
- Frequent antimicrobial use
- Intrauterine device in situ
- Immunosuppressant medication
- Medication which increases risk of UTI eg: SGLT2 inhibitors

#### OTHER

- STI risk
- Immunocompromise
- Diabetes
- Any overseas travel within the previous 3 months or in the previous 6 months to regions with a high prevalence of antibiotic resistance (eg. South East Asia or South Asia)
- Inpatient of a hospital in the previous 4 weeks or other health care facility in the previous 3 months or frequent or long-term care facility resident
- History of: Urinary tract obstruction, pyelonephritis, urinary tract abnormality, urolithiasis, urinary catheter within the last 48 hours, nephrostomy tube, ureteral stent, renal disease or impairment, spinal cord injury, asplenia



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## FIRST LINE TREATMENT: NITROFURANTOIN

### First Line Treatment

Nitrofurantoin 100mg 20 capsules

100mg every 6 hours for 5 days

### Contraindications

- Previous serious adverse reaction
- Renal impairment (CrCl <60mL/min)
- Glucose-6-phosphate dehydrogenase (G6PD), enolase or glutathione peroxidase deficiency
- Anuria or oliguria
- Avoid in breastfeeding if infant < 4 weeks old or has G6PD deficiency

### Precautions

- Risk of polyneuropathy increases in renal failure
  - Medicines that alkalinise (eg: antacids, urinary alkalinisers) reduce efficacy
  - Medicines that acidify (eg: probenecid) may reduce excretion leading to toxicity
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## SECOND LINE TREATMENT: TRIMETHOPRIM

### Second Line Treatment

Trimethoprim 300mg 3 tablets

300mg daily for 3 nights

### Contraindications

- Previous serious adverse reaction to trimethoprim-containing medicines
- Megaloblastic anaemia due to folate deficiency
- Severe blood disorders
- Renal impairment (CrCl <15mL/min)
- Porphyria

### Precautions

- Patients in the Kimberley and Pilbara regions of WA where susceptibility to trimethoprim drops to below 70%
- Hepatic impairment
- Hyperkalaemia
- May worsen folate deficiency and blood dyscrasias

#### References:

[SASA Pharmacist initiated treatment of urinary tract infection](#)

[WA Department of Health Supplementary Information](#)

[ACP Training: Uncomplicated Cystitis Treatment – Pharmacist Training \(Western Australia\)](#)