


For women outside care homes with suspected uncomplicated urinary tract infections (UTIs) or uncomplicated recurrent UTIs

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</p> <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. <p>Changes during menopause</p> <ul style="list-style-type: none"> Some changes during the menopause can have symptoms similar to those of a UTI. 	<p><input type="checkbox"/> None or only one of: dysuria, new nocturia, cloudy urine; AND/OR vaginal discharge</p> <ul style="list-style-type: none"> Antibiotics less likely to help. Usually lasts 5 to 7 days. You may need a urine test to check for a UTI. <p><input type="checkbox"/> 2 or more of: dysuria, new nocturia, cloudy urine; OR bacteria detected in urine; AND NO vaginal discharge</p> <p>Antibiotics are more likely to help.</p> <ul style="list-style-type: none"> You should start to improve within 48 hours Symptoms usually last 3 days. 	<p><input type="checkbox"/> Self-care and pain relief.</p> <ul style="list-style-type: none"> Symptoms may get better on their own. <p><input type="checkbox"/> Delayed or backup prescription with self-care and pain relief.</p> <p>Start antibiotics if symptoms:</p> <ul style="list-style-type: none"> Get worse. Do not get a little better with self-care after 24 to 48 hours. <p><input type="checkbox"/> Immediate antibiotics prescription plus self-care.</p> <p><input type="checkbox"/> If mild symptoms, delayed or back-up 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</p> <ul style="list-style-type: none"> Pyelonephritis (pie-lo-nef-right-is). <p>Bladder (stores urine) Infection in the lower urinary tract</p> <ul style="list-style-type: none"> Cystitis (sis-tight-is). <p>Urethra (takes urine out of the body) Infection or inflammation in the urethra</p> <ul style="list-style-type: none"> Urethritis (your-ith-right-is).

Self-care to help yourself get better more quickly	When should you get help? Contact your GP practice or NHS 111	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. You could try taking cranberry capsules or cystitis sachets. These are effective for some women. There is currently no evidence to support their use. 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 a 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, also consider the following:</p> <ul style="list-style-type: none"> Cranberry products and D-mannose: Some women find these effective, but there is currently poor evidence to support this. After the menopause: You could consider topical hormonal treatment, for example, vaginal creams. 	<p>Antibiotics can be lifesaving. But antibiotics are not always needed for urinary symptoms.</p> <p>Antibiotics taken by mouth, for any reason, affect our gut bacteria making some resistant.</p> <p>Antibiotic resistance means that the antibiotics cannot kill that bacteria.</p> <p>Antibiotic resistant bacteria can remain in your gut for at least a year after taking an antibiotic.</p> <p>Common side effects to taking antibiotics include thrush, rashes, vomiting and diarrhoea. Seek medical advice if you are worried.</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>