

3: APPENDIX B: Quick Reference Guide for Diagnosis and Management of Adult Lower UTI for Primary Care.

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Community multi-resistant Escherichia coli with extended spectrum beta-lactamase (ESBL) enzymes are increasing. Prudent use of antimicrobials is imperative as asymptomatic bacteriuria is typically benign in the elderly. Antimicrobials should not be prescribed without clinical signs of UTI

Do not send urine for culture in asymptomatic elderly with positive dipsticks
Do not treat asymptomatic bacteriuria in the elderly (>65) it is very common. It is not related to ↑ morbidity / mortality.

Treatment of UTI in community Review therapy according to culture and sensitivity [\(Back to Contents\)](#)

All	<p>1st line : Nitrofurantoin MR 100mg BD for 3 days in women and 7 days in men</p> <p>Alternative options if nitrofurantoin contraindicated:</p> <p>Trimethoprim 200mg BD for 3 days in women and 7 days in men (if low risk of resistance)</p> <p>Pivmecillinam 400mg STAT then 200mg TDS for 3 days in women and 7 days in men (Do not use if penicillin allergic)</p> <p>Amoxicillin 500mg TDS for 3 days in women and 7 days in men (only if organism susceptible)</p> <p>Fosfomycin (if high risk of resistance/microbiology advice): 3g for one dose in women. 3g for one dose followed by a second 3g dose after 3 days in men (unlicensed).</p>	<p>Use nitrofurantoin first line if GFR >45ml/min; if GFR 30-45, only use if resistance and no alternative</p> <p>Men: investigate further for underlying pathology</p>
Pregnancy	<p>1st line : Nitrofurantoin MR 100mg BD (avoid 3rd trimester or if G6PD deficient) or Amoxicillin 500mg TDS for 7 days (if MSU culture shows susceptibility)</p> <p>2nd line: Trimethoprim 200mg BD (off label , unlicensed, avoid 1st trimester) for 7 days. Avoid in the 1st trimester.</p> <p>3rd line: Cefalexin 500mg BD for 7 days</p>	<p>Penicillin allergy: please seek microbiology advice.</p>

Acute uncomplicated UTI in adult asymptomatic women < 65 (non-pregnant)

Women and Men > 65 years old

Management of Pregnant Women

