



TARGET
Keep Antibiotics Working

TARGET Treating Your Urinary Tract Infection (UTI) Leaflet for women under 65

A step-by-step guide on how to manage your infection

User Guide

Summary

Patient leaflets outlining the typical presentation of urinary tract infections and information about preventative and self-care measures and when to re-consult can result in reduced antibiotic prescribing. The TARGET Treating Your Urinary Tract Infection (TY-UTI) Leaflet was developed as a tool to share with patients in the consultation to educate them about using antibiotics responsibly.

What are the aims of the *Treating Your Urinary Tract Infection (UTI)* leaflet?

The leaflet aims to give information for women under 65, in line with NICE guidance on:

- Possible signs and symptoms of a UTI
- How people can self-care
- Explicit advice on when to seek medical help
- Appropriate antibiotic use and the side effects of antibiotic

Overview of the leaflet

Possible urinary symptoms
A checklist for GPs whilst educating patients.

Self-care advice
To be explained to the patient to provide advice on how to manage their UTI

Prevention advice
To be explained to the patient to provide advice on how to prevent future or recurrent UTIs

Antibiotic resistance
Provides information to patients regarding the importance of appropriate and responsible antibiotic use. This can be explained during the consultation or referred to for the patient to read once the consultation is complete.

Types of UTI
Introduced by patient request who felt more in control by being able to visualise their UTI

When to get help
To be explained to provide safety-netting advice on what urgent signs and symptoms to look out for and what actions to take if these present.

Outcomes and recommended care

- Outlines why patient care plan has been chosen
- Provides the GP with a decision-making tool

To use this leaflet properly, it is important that it is used as a tool to interact with patients, rather than as a 'parting gift'. In order to do this effectively you should be familiar with its content.

Why develop a leaflet for UTIs?

Mandatory surveillance has indicated an alarming rise in rates of E.coli bacteraemia, from 60.4 to 66.2 per 100,000 population, between 2012 and 2015. Gram-negative species are now also becoming a clinical reality for GP staff, due to the difficulties in treatment associated with the limited number of effective oral antibiotics in antibiotic-resistant UTIs. This is leading to increasing treatment failures, and a rise in E.coli bacteraemias. Women that experience recurrent episodes (3 in the past 12 months) are more likely to present with an antibiotic resistant infection. By improving self-care, this could reduce recurrent infections and improve the women's health and wellbeing.

Patient satisfaction is more related to having a careful examination and having concerns identified and addressed than to receiving a prescription for antibiotics. This provides a great opportunity to share information with patients and reassure them. We know how busy prescribers are, and how important it is to use precious consultation time efficiently.

Therefore, we have developed a leaflet to share with patients presenting with urinary symptoms suggesting a non-complicated UTI.

Accessibility

This leaflet has been awarded with a Crystal Mark for use of plain English. This accredits the leaflet as suitable for a range of users to understand, including younger audiences and those with learning difficulties – visit the [Plain English Campaign](#) website for more information.



The HTML webpage versions of the leaflet complies with [Web Content Accessibility Guidelines \(WCAG\) 2.2](#) to ensure that the content can be accessed by a wider range of people with disabilities, including those with vision, hearing, speech and movement deficiencies, photosensitivity, learning disabilities and cognitive limitations, and combinations of these. These guidelines apply to the leaflet accessed via desktops, laptops, tablets, and mobile devices.

NICE alignment

The TARGET TY-UTI leaflet specifically relates to the following NICE guidelines:

- [NG109 | Urinary tract infection \(lower\): antimicrobial prescribing | Guidance | NICE](#): 1.2.1, 1.2.2, 1.2.3, 1.3, 1.4, 3.1, 3.2
- [NG112 | Urinary tract infection \(recurrent\): antimicrobial prescribing | Guidance | NICE](#): 3.1, 3.2

We are happy to receive feedback about how you have used this leaflet and any constructive comments on how it can be improved. Please contact us at TARGETantibiotics@ukhsa.gov.uk.