



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

Outcomes and recommended care

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

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.

TREATING YOUR URINARY TRACT INFECTION (UTI)
For women under 65 years with suspected lower urinary tract infections (UTIs) or lower recurrent UTIs (cystitis or urethritis)

Possible urinary signs and symptoms

- Key signs and symptoms
- Dysuria:** Burning pain when peeing
- New nocturia:** Needing to pee in the night
- Cloudy urine:** Pee looks cloudy
- Other signs and symptoms to consider
- Frequency:** Peeing more often than usual
- Urgency:** Feeling the need to pee immediately
- Haematuria:** Blood in your urine
- Suprapubic pain:** Pain in your lower tummy
- Other things to consider
- Recent sex**
- Inflammation due to sex can feel similar to the symptoms of a UTI
- Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI
- Changes during menopause**
- Some changes during the menopause can have symptoms similar to those of a UTI

The outcomes

- If you are not pregnant
- If you have none, or only one of, dysuria, new nocturia or cloudy urine, or you have a vaginal discharge (on its own or with any of the above):
 - a UTI is much less likely
 - you may need a urine test to check for a UTI
 - antibiotics are less likely to help, and
 - the infection will usually last 5 to 7 days
- Other things to consider
- If you have 2 or more of dysuria, new nocturia, cloudy urine or bacteria in your urine and no vaginal discharge:
 - a UTI is more likely and antibiotics should help
 - you should start to improve within 48 hours
 - symptoms usually last 3 days
- If you are pregnant
- Always ask for a urine culture test
 - if suspected UTI

Options to help prevent a UTI

It may help you to consider the following risk factors:

- Stop bacteria spreading from your bowel into your bladder. Wipe from front (vagina) to back (bottom) after using the toilet
- Avoid waiting to go to the toilet. Pee as soon as you need to
- Go for a pee after having sex to flush out any bacteria that may be near the opening to the urethra
- 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
- Drink enough fluids to make sure you pee regularly throughout the day, especially during hot weather

If you have repeated UTIs, discuss this with a healthcare professional. The following may help.

- There is good evidence to show that vaginal hormonal treatment may help after the menopause
- You could try taking cranberry products, D-mannose or probiotics. Some women find these effective. The evidence to support their use is inconclusive

Recommended care

- Self-care and pain relief
 - symptoms may get better on their own
 - Delayed or backup prescription with self-care and pain relief. Start antibiotics if your symptoms:
 - get worse, or do not get a little better with self-care within 48 hours
- Immediate treatment with antibiotics, plus self-care
- If your symptoms are mild, start delayed or backup treatment with antibiotics, plus self-care
- Immediate treatment with antibiotics, plus self-care

Antibiotic resistance

- Antibiotics can be lifesaving. But they are not always needed for urinary symptoms
- Antibiotics make your body resistant to bacteria, which may make your next UTI more difficult to treat
- Common side effects of taking antibiotics include thrush, rashes, nausea, vomiting and diarrhoea. Get medical advice if you are worried
- Keep antibiotics working – only take them when advised by a health professional. This way they are more likely to work for a future UTI

Types of urinary tract infection

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.

Kidneys (make urine)
Infection in the upper urinary tract – Pyelonephritis (pis-toe-el-right-iss)

Bladder (stores urine)
Infection in the lower urinary tract – Cystitis (sis-tight-iss)

Urethra (takes urine out of the body)
Infection or inflammation in the urethra – Urethritis (your-thr-right-iss)

When should you get help?
Contact your GP practice or NHS 111

The following symptoms are possible signs of serious infection and should be assessed urgently. Phone for advice if you are not sure how urgent the symptoms are.

- You have shivering, chills and muscle pain
- You feel confused, or are very drowsy
- You have not been for a pee 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

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.

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.