

# Uncomplicated UTIs



**16-64 y/o females**  
DO NOT USE FOR : Pregnant Women.  
: those with urinary catheters  
: recurrent UTIs : 2 episodes in 6 months.  
3 episodes in 12 months.



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**STOP!! → is your patient seriously ill /deteriorating? →**

## Have you considered *pyelonephritis*?

- Kidney pain/back tenderness beneath ribs
- New/worsening myalgia
- Flu-like symptoms
- Chills/rigors or temperature  $\geq 37.9$
- Nausea/vomiting

Consider:  
Calculating NEWS2 Score  
Signposting to A&E  
Calling 999

URGENT Same Day Referral

## Have you checked the following?

*Vaginal discharge?*

*Urethritis?*

*Sexual history?*

*Pregnancy?*

*Genitourinary syndrome of menopause?*

*Immunosuppression?*

Have you checked for the 3 diagnostic signs of UTIs?

1. *Dysuria* → burning pain when passing urine .

2. *New nocturia* → passing urine during the night .

3. *Cloudy urine*

Pharmacists to VISUALLY INSPECT if possible!

NO SYMPTOMS

1 SYMPTOM

2+ SYMPTOMS

# Uncomplicated UTIs



16-64 y/o females



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E.g. a 24-year-old woman comes in with urinary signs and symptoms.

IS THE PATIENT DETERIORATING OR SERIOUSLY UNWELL?

**Consider:**  
Calculating NEWS2 Score  
Signposting to A&E  
Calling 999

Have you considered *pyelonephritis*?

- Kidney pain/back tenderness beneath ribs
- New/worsening myalgia
- Flu-like symptoms
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- Nausea/vomiting

**URGENT Same Day Referral:**  
GP  
Relevant out of hours services.

Have you checked the following?

Vaginal discharge?  $\rightarrow$  80% do not have a UTI!  
 $\hookrightarrow$  think **THRUSH**: treat OTC.

Urethritis?  
 $\hookrightarrow$  irritants, inflammation post-intercourse.

Sexual history?  
 $\hookrightarrow$  exclude **sexually transmitted infections**!

Pregnancy?  $\rightarrow$  if in doubt do a pregnancy test.  
ask about: missed/lighter periods.

Genitourinary syndrome of menopause?  
 $\hookrightarrow$  vulvovaginal atrophy.

Immunosuppression?  
 $\hookrightarrow$  any conditions/medications?

**Refer to:**  
GP  
Sexual Health Clinics  
Any other providers you feel appropriate.

Have you checked for the 3 diagnostic signs of UTIs?

1. **Dysuria**  $\rightarrow$  burning sensation when passing urine.
2. **New nocturia**  $\leftarrow$  Needing to pass urine during the night.
3. **Cloudy urine**  $\rightarrow$  Pharmacist to visually inspect if possible

NO SYMPTOMS

**Any other urinary symptoms?**

- Urgency?
- Frequency?
- Visible haematuria?
- Suprapubic pain/tenderness?

UTI LESS LIKELY

1 SYMPTOM

POTENTIAL UTI

**Refer to:**

- GP
- Sexual Health Clinics
- Any other providers you feel appropriate.

2+ SYMPTOMS

TREAT USING TARGET UTI RESOURCES

**Mild symptoms:**  
Consider pain relief  
Self-care as first line treatment.

**Moderate to severe symptoms:**  
Offer nitrofurantoin for 3 days (subject to PGD criteria).  
Self-care

**IN ALL PATIENTS:** Advise to visit GP/ healthcare provider if symptoms worsen rapidly or significantly at any time OR do not improve within 48 hours of taking antibiotics.

**IN ALL PATIENTS:** Use the TARGET UTI Leaflet to share self-care and safety-netting advice.