

**Clinical Guideline:** Female Lower Urinary Tract Infections (Female LUTS) Site: FPH

* Frequency
* Urgency
* Nocturia
* Sensation of incomplete bladder emptying
* Incontinence - stress / urge

History

General Information

* Lifestyle advice: caffeine, fluid intake, alcohol
* Pelvic floor exercises
* Anticholinergics
* Solifenacin
* Duloxetine
* Topical Oestrogens
* Bladder drill

Advice and Treatment

**Consider referral if:**

* Failure of medical treatment > routine referral
* Two week rule / one-stop clinic referral:
* Pelvic mass
* Deranged U&E’s
* Haematuria
* Residual volume> 200ml

Referral Guidelines – red flag signs

* Dipstick & MSU
* U&E
* +/- Ultrasound
* Full LUTS assessment
* Residue scan

Investigation

* Abdominal examination
* Pelvic examination (mass? prolapse?)

Examination