

**Clinical Guideline:** Female Recurrent Urinary Tract Infections Site: FPH

* Frequency
* Urgency
* Dysuria
* Sensation of incomplete bladder emptying
* Urge incontinence
* Haematuria
* Sex related
* Consider candida and STI

History

* Lifestyle advice: fluid intake, post-coital emptying of bladder
* Cranberry capsule and Yakult/Actimel
* Use lubricants but avoid spermicide
* Topical oestrogens
* Consider antibiotic prophlaxis

Advice and Treatment

**Consider referral if:**

* Macroscopic haematuria
* Failure to respond to antibiotics
* Persistent frequent attacks (>2 UTIS in 6 months or >3 UTIs in a year)
* Negative cultures

Referral Guidelines – red flag signs

* Dipstick & MSU
* Fasting glucose
* Residue scan

Investigation

* Abdominal examination
* Pelvic / vaginal examination

Examination

* Common <30 yrs
* Incidence - post-menopause

General Information