



Recurrent UTI

Pre-Referral Considerations:

1. Is it really a UTI? (i.e. symptoms and urine culture positive), is it a Reinfection vs Relapse?
2. Correct antibiotic? Check culture sensitivity.
3. Trial of lifestyle changes (see up to date)
4. Consider 6 months trial of continuous or post-coital antibiotics (see up-to-date)
5. Avoid: long-term nitrofurantoin or if GFR <60, Fluoroquinolones in children or pregnant women, or if there are alternatives
6. In post-menopausal women try topical estrogen
7. For men with recurrent cystitis consider prostatitis
8. Consider: is it STD – Chlamydia or gc?

Red Flags: Consider imaging, alternate referral or emergent referral (less likely migraine or tension headache)

1. Infection with Proteus, especially if recurrent
2. More than 2 episodes of pyelonephritis
3. Clinical suspicion for kidney stones
4. Symptoms for > 72 hours despite appropriate antibiotic Tx

Lab Studies:

1. Basic, urinalysis and culture, consider urine for chlamydia/gc

Imaging Studies:

1. Imaging: not required, but consider CT without contrast, renal ultrasound

What to Avoid Ordering:

1. Urologic evaluation usually not necessary for uncomplicated recurrent cystitis

Comments:

1. Patient Information
 - a. History- prior problems UTI's, stones, congenital abnormalities, renal disease
Include all courses of antibiotics with dates, dose and duration of tx and compliance
 - b. Physical exam- In men- genital and rectal exam. In women pelvic exam when appropriate.
 - c. Urine cultures if done elsewhere
 - d. Include imaging if done elsewhere
 - e. Any prior workups /urologic evaluations, etc
2. Question to be answered
3. Consultation (Evaluate and Advise) vs Co-Management (PCP and Specialist to share care)



Management Guidelines:

1. UTI/pyelonephritis
http://www.uptodate.com/contents/acute-complicated-cystitis-and-pyelonephritis?source=see_link#H2922574
2. Recurrent UTI in women
http://www.uptodate.com/contents/recurrent-urinary-tract-infection-in-women?source=search_result&search=recurrent+uti&selectedTitle=1%7E93#H25
3. Recurrent UTI in men
http://www.uptodate.com/contents/acute-uncomplicated-cystitis-and-pyelonephritis-in-men?source=related_link