Predisposition to urinary tract infection

INITIAL ASSESSMENT AND MANAGEMENT [1]

HYGIENE and BEHAVIOUR ADVICE
OTC PREPARATIONS

ANTIBIOTICS

CHECK MICROBIOLOGY
CHECK COMPLIANCE

RECURRENT UTI *≧3 times per year*

EVALUATION AND DIAGNOSTICS [2]

SYMPTOMS DURING/ BETWEEN UTIs
MEDICAL AND SURGICAL RISK FACTORS
COLONIC/ GYNAECOLOGICAL SYMPTOMS
GENERAL & FOCUSSED EXAMINATION
URINALYSIS

BLADDER DIARY
FLOWMETRY/ POST VOID RESIDUAL
SPECIALIST MICROBIOLOGY OPINION
IMAGING
CYSTOSCOPY

CONTRIBUTORY FEATURES [3]

URINARY TRACT ABNORMALITY
VOIDING (STORAGE) DYSFUNCTION
NIDUS (FOREIGN BODY, CALCULUS, BLADDER TUMOUR)
URETERIC REFLUX/ OBSTRUCTION
LUT RECONSTRUCTIVE SURGERY
CURRENT/ RESOLVED INFESTATION
PROSTATITIS, FISTULA

REGIONAL FACTORS
ATROPHIC VAGINITIS
VAGINAL/ PELVIC INFECTION
SEXUAL TRANSMITTED DISEASE
LATEX/ TOPICAL ALLERGY
LICHEN SCLEROSUS
DIVERTICULAR DISEASE

SYSTEMIC FACTORS
IMMUNOCOMPROMISE
(Diabetes mellitus, hepatic/ bone marrow failure)
IMMUNOSUPPRESSION
(steroids, immune suppressants)

Education & support

URINARY TRACT MANAGEMENT [4]

MEASURES TO REDUCE PREDISPOSITION
REMOVE IDENTIFIABLE NIDUS
MINIMISE POST VOID RESIDUAL
MANAGE URETERIC ABNORMALITY

PREPARATORY MEASURES BETWEEN UTIs

PLANNING FOR EMPIRICAL THERAPY
REVIEW OF MICROBIOLOGY
SURVEILLANCE OF BACTERIURIA C&S
RAPID MEDICAL ACCESS OPTIONS

PLANNING FOR PATIENT-INITIATED THERAPY
MSU BOTTLE FOR CULTURE PRIOR TO INITIATION
SUPPLY OF EMPIRICAL ANTIBIOTICS

TREATMENT OF ACUTE EPISODES
ADEQUATE TREATMENT OF EACH EPISODE

SPECIAL MEASURES
PROPHYLACTIC ANTIBIOTICS
INTRAVESICAL INSTILLATIONS
VACCINATION

BODY FLORA [5]

BOWEL FLORA
LIVE YOGURT
(PROBIOTIC)

VAGINAL FLORA
CONTRACEPTION/
ALLERGEN ADVICE

VAGINAL OESTROGEN
(POST-MENOPAUSAL)

RED FLAGS [6]

HAEMATURIA
PELVIC MALIGNANCY

ANATOMICAL ABNORMALITY

NEUROLOGICAL

IMMUNE-COMPROMISE
IMMUNOSUPPRESSION

PELVIC INFECTION/ STD/ PROSTATITIS

DIFFERENTIAL MECHANISM / ADDITIONAL PATHOLOGY

ASSESS EACH COMPONENT
TREAT CONTRIBUTORY PROBLEMS SYSTEMATICALLY
INDIVIDUALISED AND INFORMED CARE
REFER AS APROPRIATE

Systematic management guidance - PROVISIONAL

Pelvic Floor Clinical Studies Group *www.pfcsg.org.uk*