

Lower Urinary Tract Infections (UTI)



Infections of the lower urinary tract are very common, particularly in women and are usually self-limiting or can be treated with antibiotics.

Symptoms include:

- Increased frequency of passing urine or the urge to pass urine
- Burning sensation passing urine
- Traces of blood in the urine
- Cloudy, dark or foul-smelling urine
- A sensation of incomplete emptying
- Pain in the lower abdomen
- High temperature or feeling hot and shivery
- A very low temperature below 36°C

Red flag symptoms

- Confusion
- Raised respiratory rate and breathlessness
- Raised heart rate
- Drop in blood pressure
- Rapid or significant worsening of symptoms

Self-care advice

- Drink plenty of water
- Over the counter products such as pain relief or cystitis sachets
- Avoid use of scented washes/wipes
- Perineal hygiene i.e., wiping from front to back.
- Wear cotton underwear and avoid tight clothing.
- Hot water bottle may help relieve symptoms.
- Cranberry products (juice or capsules) may help reduce UTIs.

Onward referrals

- Men with signs of a urinary tract infection
- Reoccurring UTIs

Signposting

- Pharmacy First England – Antibiotics
- Pharmacy First Scotland – Antibiotics and cystitis relief
- Pharmacy First Northern Ireland – Antibiotics
- Common Ailment Service Wales – Antibiotics

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