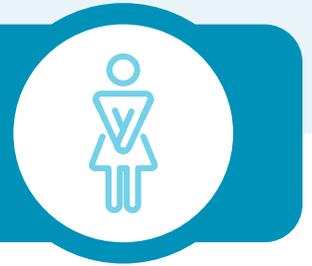


Lower Urinary Tract Infections (UTI)



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

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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