

April 2011

Memorandum

To: Family Physicians, General Internists, Primary Care Obstetricians/Gynecologists, Adult Primary Care Nurse Clinicians

From: GUIDES (Guideline Utilization Implementation Development and Evaluation Studies)
Connie Standiford, MD, GUIDES Lead
Van Harrison, PhD, GUIDES Co-Lead
Grant Greenberg, MD, MA, MHSA, Guideline Development Clinical Lead

Subject: **UMHS Clinical Care Guideline Update: Urinary Tract Infection**

The updated UMHS clinical care guideline “Urinary Tract Infection” has been sent electronically to health care clinicians.

What’s New!



- Escherichia coli resistance rates have continued to increase. UMHS rates of resistance to trimethoprim / sulfa = 28% and Ciprofloxacin=27%. Nitrofurantoin resistance is <5%, Amoxicillin >25%.
- Clinical response rates continue at the 80-90% range despite the increasing bacteriologic resistance rates
- First line therapy recommendations include both trimethoprim / sulfa and Macorbid
- Recommending alternative forms of contraception is not necessary when prescribing antibiotics for UTI in women using oral contraceptives (OCPs)
- Some studies have shown that cranberry juice or cranberry tablets can significantly reduce the annual incidence of UTIs in sexually active women with a history of recurrent UTIs.
- The template “Ambulatory Nursing: Urinary Tract Infection, Non-Pregnant Adult” is available through CareWeb or link directly to:
<https://www.med.umich.edu/mcit/carewebwe/help/gentemplates.html>

Key aspects.



- Pretreatment cultures are rarely necessary for uncomplicated UTI.
- Consider telephone management for uncomplicated UTI in women with previous UTI.
- Despite increasing resistance patterns to trimethoprim / sulfa and ciprofloxacin, clinical response remains robust.
- TMP/SMX or Macorbid are the recommended drugs of first choice in uncomplicated UTI in women. Three days of treatment with Bactrim or five days of treatment with Macorbid is usually sufficient for uncomplicated UTI. Second line therapy alternatives include three days of Cipro or seven days of Amoxicillin.
- Follow up cultures or urinalysis are not usually necessary.

Internet Links.

- The template “Ambulatory Nursing: Urinary Tract Infection, Non-Pregnant Adult” is available on: <https://www.med.umich.edu/mcit/carewebwe/help/gentemplates.html>
- Patient Education: <http://womenshealth.gov/faq/urinary-tract-infection.pdf>
- UMHS Clinical Care Guidelines: <http://www.med.umich.edu/i/oca/practiceguides/>