

## **What is self-start antibiotic therapy?**

Self-start antibiotics are an option for selected patients with uncomplicated urinary tract infections (UTI's). Self-start antibiotic therapy can also be used by patients with frequent UTI's to treat infection early and prevent complications.

## **What are symptoms of uncomplicated UTI?**

Uncomplicated urinary tract infection symptoms typically include:

- Urinary urgency and frequency
- Burning and pain with urination
- A constant feeling of something in the bladder
- Odor
- Cloudy urine.

If you experience blood in the urine, back pain, or fever, you may have a more complicated UTI and should call our office.

## **When should self-start antibiotic therapy be initiated?**

You recognize the symptoms of your own urinary tract infections better than anyone else. If you recognize these symptoms, proceed with the self-start antibiotic therapy medication immediately. The antibiotics will be more effective in getting rid of the infection if you begin treatment as soon as you recognize symptoms.

If symptoms continue after taking the antibiotics for 3 days, you should contact your doctor and a call center representative will direct you to the nurse.

Examples of antibiotics typically given for self-start antibiotic therapy are:

Medication	Dose	Take for:
Nitrofurantoin (Macrobid)	100 mg twice daily	5 days
Sulfamethoxazole-trimethoprim (Bactrim)	800-160 mg twice daily	3 days
Cephalexin (Keflex)	500 mg twice daily	7 days
Amoxicillin-Clavulanate (Augmentin)	875-125 mg twice daily	7 days

### Who do I contact if I have questions?

If you have any questions, please contact the University of Michigan, Department of Internal Medicine at (734) 936-5582 during business hours (8:00am - 5:00pm). If you need to see a doctor right away, please go to the nearest Emergency Room (ER).

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