

Urinary Tract Infections

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- **Post-menopausal Woman**
simple symptomatic infection
living in the community



Post- Menopausal Woman

Recurrent infection

Comes in threes

Antibiotics at Home

- - trimethoprim

Use 3 months prophylaxis

- – nitrofurantoin

Start ovestin cream

Myths of UTIs

- Wiping back to front
- Pass urine before sexual intercourse
- Pass urine after sexual intercourse
- Drink more fluids after sexual intercourse
- Drink more fluids
- Wear cotton underwear

The More Difficult Patients

- Live in assisted living environment
- May present with typical symptoms
- Or Atypical presentation
 - Lethargy
 - Confusion
 - Anorexia
- Treat if symptomatic or any urinary symptoms changed

When not to Treat Asymptomatic infection

- Initially treat if symptomatic or has urinary symptoms or just not sure
 - Once clear reassess symptoms
- If urine clear and symptoms the same
 - Do not treat again
- If symptoms improve
 - Treat future infections

When not to Treat Catheter in Place

- Treat if Symptomatic – systemically unwell
 - urine will usually show bacteria
 - May not be UTI
- Do not treat with antibiotics
 - smelly urine
 - murky urine

If Not Treating What to do Instead

- Change catheter more regularly
 - 2-6 weekly
- Do bladder washouts
 - Weekly with saline

Preventative Measures

- Cranberry tablets
- D-mannose
- Hiprex
- Uromune

Cranberry Products

- Cochrane review of products 2012
 - Not strong evidence in favour
- Tablets BD do not reduce pyuria in elderly
 - BMJ 2016
- Tablets post gynae surgery with catheter
 - Reduces UTIs

D-mannose



- Absorbed in gut, excreted in urine
- D-mannose 2g daily as preventative
 - 308 woman
 - As effective as nitrofurantoin
 - Smaller study equivalent to cotrimoxazole
- Cheapest is Urofem
 - \$34 for 50 1g tabs

Uromune



Oral Vaccination

- Taken for 3 months
- 78% no further infection next year
- Very few adverse effects
- \$260

Does Residual Urine Matter?

- With regards to urinary tract infections
 - Men - No
 - Women – Maybe
- With regards to life in general
 - If asymptomatic – No
 - If not increasing – No
 - In normal upper tracts - No