

Advice to Patient / Carer (written)

Provide the patient with the manufacturer's Patient Information Leaflet and discuss as necessary.

- Take the MR capsules regularly at 12 hourly intervals with food and complete the course
- Tablets should be taken 6 hourly with food to minimise GI reactions
- Advise patients that discoloration of urine may occur
- Drink plenty of fluids but avoid caffeine containing and alcoholic drinks
- Try to empty the bladder when urinating
- Passing water following intercourse may also prevent recurrent attacks
- Attacks may be precipitated by the use of fragranced products
- If symptoms have not improved after 3 days, advise patient to contact their Primary Care Clinician.
- If the condition becomes recurrent, contact Primary Care Clinician for further investigation
- Advise that in 50% of cases, symptoms clear up within 3 days without treatment
- Paracetamol or ibuprofen can be taken to alleviate symptomatic pain or discomfort
- Cranberry juice and urine alkalization products are not proven to be effective.
- It is no longer necessary to use an extra method of contraception with the pill, patch or vaginal ring when taking nitrofurantoin unless the patient experiences diarrhoea and vomiting. This change in advice comes because to date there is no evidence to prove that antibiotics (other than rifampicin or rifabutin) affect these contraceptives. This is the latest guidance from the Faculty of Sexual & Reproductive Healthcare.
- Provide TARGET leaflet – Urinary Tract Infection TYI-UTI leaflet for women under 65 years
[TARGET UTI Leaflet All Ages V1.1 DOC UKHSA.pdf \(rcgp.org.uk\)](http://rcgp.org.uk/TARGET%20UTI%20Leaflet%20All%20Ages%20V1.1%20DOC%20UKHSA.pdf)

Please refer to current BNF <http://bnf.org/bnf/> or SPC for full details
<http://www.medicines.org.uk/emc/>

We want to hear from you!

The advice and treatment of UTI's in community pharmacies across the North East and North Cumbria is a new pilot service. We need your feedback to understand what is good and what could be improved about the service. Your feedback will also inform NHS planning and decision making, including whether the service continues in the future. Please complete our short feedback survey. Type the link into an internet browser or scan the QR code. Website link: <https://necs.onlinesurveys.ac.uk/nhsutiparmacy>

