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Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

Managing recurrent urinary tract infection

Advice for patients using long term self catheterisation

Urine will never be completely sterile when self catheterising and this is not harmful.
The aim is to keep symptom free and not to have sterile urine.

1. You should continue to self catheterize to ensure that your bladder empties at least three times daily
2. A simple strategy to stop an early infection is to increase your fluid intake
3. When you think you have a urine infection you should collect a mid stream sample using a red top bottle. Take this sample to your GP surgery, properly labeled, in order that it can be sent to the laboratory, and collect a new sample bottle to keep at home
4. Whilst waiting for the result, start the antibiotics that your last infection was sensitive too
5. Stop these antibiotics when your symptoms have settled. Sometimes this will be within 1 to 3 days
6. After 4 days your GP surgery will advise you of the result of your urine culture and whether you need a new prescription
7. The GP will advise you whether you need to take these tablets immediately or keep them available for your next infection
8. You can safely store antibiotics at home and they will remain useful for several years
9. Keep a bladder infection diary to record the dates of infection, record the results of samples, antibiotics and dose used, and the length of treatment
10. If you are female, over 45 years and menopausal, low dose vaginal oestrogen cream can protect against infection – ask your GP about this
11. Cranberry juice or tablets are helpful for some but not all patients

Swansea Continence Team (ABM UHB) 2010