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Advice – managing recurrent urinary tract infection

. The aim is to keep **symptom** free

1. A simple strategy to stop an early infection is to increase your fluid intake; some find that sodium bicarbonate, potassium citrate or cranberry juices are helpful with the discomfort.
2. When you think you have a urine infection you should collect a mid stream sample using a red top bottle (keep some at home). Take this sample to your GP surgery, properly labeled, so that it can be sent to the laboratory.
3. **Before** getting the result, start the antibiotics that your last infection was sensitive to
4. **Stop** these antibiotics when your symptoms have settled. Sometimes this will be within 1 to 3 days
5. After 4 days your surgery will advise you of the result of your urine culture and whether you need a different prescription
6. The surgery will advise you whether you need to take these tablets immediately (if your symptoms are not improving) or keep them available for your next infection
7. You can safely store antibiotics at home and they will remain useful for several years
8. **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

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