



Summary of Recommended Guideline

Urinary Tract Infection in Women: Treatment and Follow-up

University of Michigan Health System. Urinary Tract Infection: Adult women with uncomplicated UTI. (1999). Guidelines for Clinical Care.

Rating (out of 4): Four red checkmarks with green stems and leaves, indicating a rating of 4 out of 4.

Scope

This guideline is aimed at all physicians who care for adult women patients.

Clinical Question

How should uncomplicated UTI in adult women be treated and followed up?

Excellent/Good Evidence

- First-line treatment is three days of trimethoprim/sulfa.
- Second-line treatment is:
 - three days of trimethoprim; or
 - three days of quinolone (contraindicated in pregnancy); or
 - seven days of nitrofurantoin, amoxicillin, 1 degree cephalosporin.
- In patients with recurrent UTIs (more than 3 per year), consider prophylaxis/self-initiated therapy.

Fair Evidence

- No lab tests are needed for follow-up if the patient is asymptomatic.

Consensus

- Urologic structural evaluation is rarely indicated for women with recurrent UTIs (more than three per year).

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Ontario Guidelines Advisory Committee
500 University Ave., Suite 650,
Toronto, ON M5G 1V7
Telephone: 1-888-512-8173
Fax: 416-971-2462
Email: tanya.flanagan@gacguidelines.ca

www.gacguidelines.ca