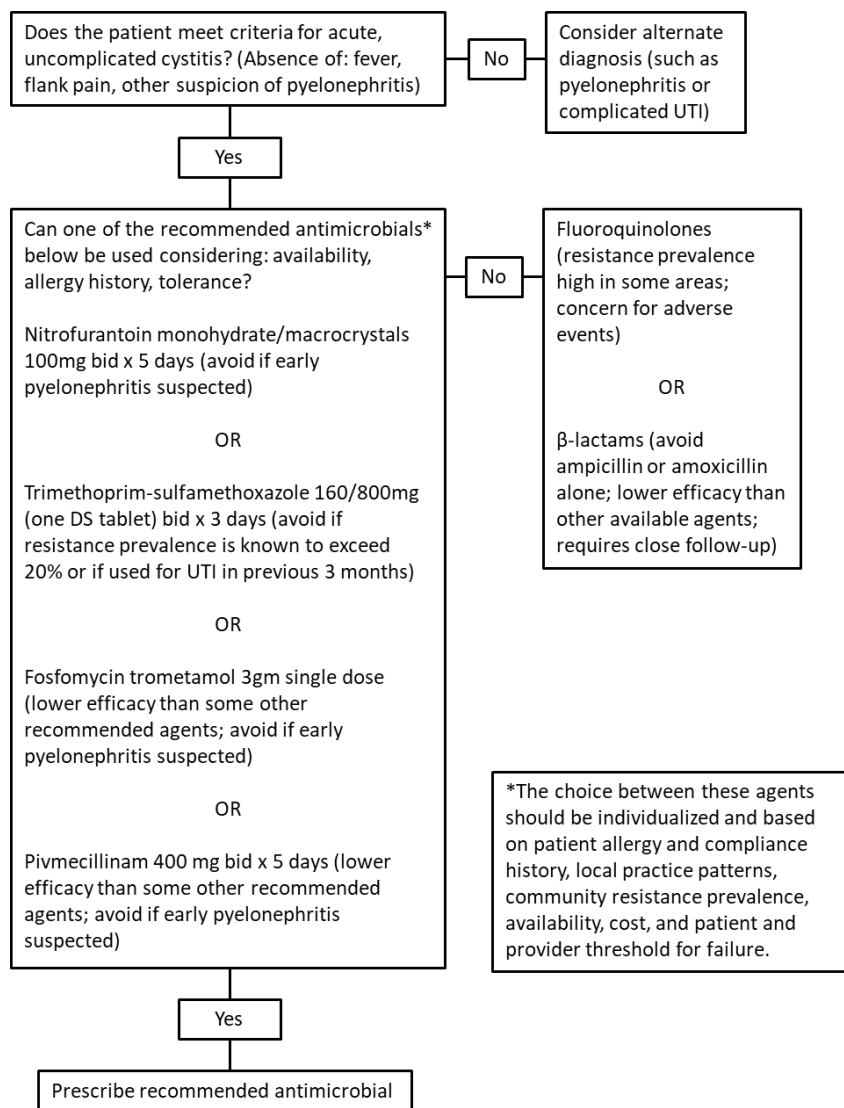


Appropriate Prescribing Guidelines in the Outpatient Setting: Uncomplicated Urinary Tract Infections (UTIs) in Adult, Non- Pregnant, Pre-Menopausal Women

TREATMENT²



EPIDEMIOLOGY/ETIOLOGY

- Uncomplicated UTIs are defined as cystitis or pyelonephritis in healthy, non-pregnant, pre-menopausal women
- The most common causative agent is *E. coli*; other common agents include *Klebsiella pneumoniae* and *Staphylococcus saprophyticus*

DIAGNOSIS¹

- Patients should **NOT** be screened and treated for a UTI unless they are symptomatic, except during pregnancy and prior to some urologic procedures
- If the patient is symptomatic, urinalysis can be performed. Dipsticks are a cost-effective solution in outpatient facilities.
- Urine cultures are only recommended for patients w/ suspected pyelonephritis, symptoms that don't improve or get worse, or atypical presentation

Learn more about antibiotic stewardship practices and prescribing guidelines at <https://hip.phila.gov/HAIAR/IP-C>

References:

1. Colgan R, Williams M. Diagnosis and treatment of acute uncomplicated cystitis. *Am Fam Physician*. 2011 Oct 1;84(7):771-776.
2. Gupta K, Hooton TM, Naber KG, Wullt B, Colgan R, Miller LG, et al. International clinical practice guidelines for the treatment of acute uncomplicated cystitis and pyelonephritis in women: A 2010 update by the Infectious Diseases Society of America and the European Society for Microbiology and Infectious Diseases. *Clin Infect Dis*, Volume 52, Issue 5, 1 March 2011, Pages e103–e120. doi: <https://doi.org/10.1093/cid/ciq257>