The Index Patient is an otherwise healthy adult female with a recurrent uncomplicated UTI. Patients with complicating factors such as the following are outside the scope of this document:
- Anatomic or functional abnormality of the urinary tract
- Immunocompromised host
- Multi-drug resistant bacteria

Self-Start Therapy
- May offer to compliant and reliable patients
- Review treatment plan following availability of culture results; modify treatment if necessary

HISTORY AND PHYSICAL EXAM
- Confirm prior UTI diagnoses
- Obtain urinalysis, urine culture/sensitivity
- Perform pelvic exam

CONFIRMED DIAGNOSIS OF RECURRENT UNCOMPLICATED UTI

Prior to the determination of a management plan, the clinician and patient should engage in a shared decision-making process that includes a discussion of the risks and benefits of all management options.

ANTIBIOTIC TREATMENT

Self-Start Therapy
- May offer to compliant and reliable patients
- Review treatment plan following availability of culture results; modify treatment if necessary

Episodic Treatment

Oral Antibiotic Resistance
- May treat with culture-directed parenteral antibiotics

Selection
- Use first-line therapy (i.e., nitrofurantoin, TMP-SMX, fosfomycin) depending on the local antibiogram

Duration
- Treat with as short a duration as possible, generally no longer than seven days

CONSIDER ADDITIONAL INVESTIGATIONS
- Upper tract imaging
- Cystoscopy
- Urodynamics

TREATMENT OF UNDERLYING ABNORMALITY

TREATMENT OF UNDERLYING ABNORMALITY

CONFIRMED DIAGNOSIS OF RECURRENT UNCOMPLICATED UTI

ANTIBIOTIC TREATMENT

Low Dose Antibiotic Prophylaxis
- Generally no longer than 12 months

Continuous Dosing
- Single-dose antibiotics used for exposure to UTI-predisposing conditions

Non-Antibiotic Prophylaxis
- Cranberry
- Behavior modification
- Others

Vaginal Estrogen Therapy
- Recommend to peri- and post-menopausal women without contraindications

PROPHYLAXIS

CONSIDER ADDITIONAL INVESTIGATIONS
- Upper tract imaging
- Cystoscopy
- Urodynamics

Recurrent Uncomplicted Urinary Tract Infections in Women: AUA/CUA/SUFU Diagnosis & Treatment Algorithm