

Galway: GAPP - Galway Antimicrobial Prescribing Policy / Guidelines (GAPP): Prophylaxis of Recurrent Urinary Tract Infections

Prophylaxis of Recurrent Urinary Tract Infections

Discussion with Microbiology or Infectious Diseases is recommended. In the absence of a correctable anatomical or other predisposing factor for recurrent UTI, prophylaxis for a period of 3 to 6 months may be considered. There is limited evidence of any additional benefit from such prophylaxis beyond 6 months. In general the most appropriate agent for prophylaxis is nitrofurantoin PO 50mg to 100 mg at night.

CAUTION: Continuation of nitrofurantoin is very rarely justified and if considered should be discussed with Microbiology or Infectious Diseases. Monitor lung and liver function in patients on long-term nitrofurantoin therapy. Avoid in renal impairment (eGFR less than 45ml/min/1.73m² when used as prophylaxis).