

## ACUTE UNCOMPLICATED CYSTITIS IN WOMEN CLINICAL DECISION AID<sup>1</sup>

**IMPORTANT CONSIDERATIONS:** Does not apply to men, children, pregnant women or nursing home resident,  
OR Upper Tract UTI (fever, nausea or vomiting, flank discomfort, systemically unwell, hypotension)  
OR Complicated UTI (include upper tract symptoms, catheter use, immunocompromised state, renal anatomic abnormalities or obstructive uropathy, neurogenic bladder, and possibly diabetes or age>55).

*Clinical judgment in each situation is needed to determine if the above Aid applies*

### TO DECIDE ABOUT INITIAL ANTIBIOTICS OR CULTURE, ASSESS FOR<sup>1</sup>:

Criteria:	Points
Dysuria	1
Urinary Leukocyte esterase positive (>trace)	1
Urinary nitrite positive (any)	1

For:	Rate of Positive Urine CULTURE <sup>1</sup>	SUGGESTED Management
1 or fewer	30-35%	Obtain Urine CULTURE; Wait for result to decide about antibiotics Consider <i>Delayed Prescription</i> if uncomfortable OR <i>Ibuprofen</i> *
2 or more	65-75%	Empiric Antibiotic appropriate (in mild S&S, some prefer culture & wait) Culture OPTIONAL if Rx; consider if no improvement, resistance concern

\* Ibuprofen provided symptom relief comparable to antibiotics in one trial<sup>2</sup>

### RECOMMENDED ANTIBIOTICS<sup>3</sup>

<b><u>Recommended First Line:</u></b>	<p><b>Nitrofurantoin macrocrystals 100 mg po bid x 5 days</b></p> <p><b>TMP-SMX** DS 1 tab po bid x 3 days †</b></p> <p><b>Fosfomycin 1 sachet po x 1 dose</b></p>
<b>IF Allergy or Documented Resistance to Above<sup>3</sup>:</b>	<p>Ciprofloxacin 250-500mg po bid x 3 day</p> <p><i>Quinolone resistance is increasing; use is linked to C.difficile, achilles tendon rupture. Minimize use recommended<sup>3</sup>.</i></p>

\*\* Canadian *E.coli* TMP-SMX resistance remains below 20%<sup>4</sup>, the IDSA<sup>3</sup> suggested threshold for not using TMP-SMX

1. McIsaac WJ, Moineddin R, Mazzulli T. Validation of a decision aid to assist physicians in reducing unnecessary antibiotic drug use for acute cystitis. *Arch Intern Med* 2007; 167:2201-06.
2. Gagyor et al. Ibuprofen RCT Ibuprofen versus fosfomycin for uncomplicated urinary tract infection in women: randomised controlled trial. *BMJ* 2015;351:h6544
3. Gupta K et al. International clinical practice guidelines for the treatment of acute uncomplicated cystitis and pyelonephritis in women: A 2010 update by the Infectious Disease Society of America and the European Society for Microbiology and infectious Disease *Clin Infect Diseases* 2011;52:e103-20.
4. McIsaac WJ et al. Antibiotic resistant *Escherichia coli* in women with acute cystitis in Canada. *Can J Infect Dis* 23:143, 2013.