

Antibiotics Update

October 2017

Visit [ELMMB Microguide](#) for the full antimicrobial guidelines

Urinary Tract Infections

Nitrofurantoin is the first line antibiotic for UTIs in ELCCG. PHE have revised national guidelines due to increasing resistance to trimethoprim. As antimicrobial resistance and *Escherichia coli* bacteraemia is increasing, use nitrofurantoin first line - always give safety net and self-care advice, and consider risks for resistance. **Please note that:**

- **Nitrofurantoin liquid preparation has been removed from formulary March 16.** The Plain capsules (microcrystalline nitrofurantoin) can be opened and dispersed in water.
- **Risk factors for increased UTI resistance include:** care home resident, recurrent UTI (2 in 6 months; >3 in 12 months), hospitalisation for >7d in the last 6 months, unresolving urinary symptoms, recent travel to a country with increased resistance, previous UTI resistant to trimethoprim, cephalosporins, or quinolones.
- **If risk of resistance:** send urine for culture & sensitivities, & always safety net.
- **Low risk of resistance:** younger women with acute UTI and no resistance risks. These patients may have trimethoprim if nitrofurantoin is contraindicated.
- **If first line options unsuitable if GFR<45mls/min:** pivmecillinam is an alternative or if the organism is susceptible amoxicillin may be used.
- **If high risk of resistance:** Fosfomycin can be used with microbiologist approval on FP10 (AMBER traffic light).

The TARGET UTI leaflet is now available to download and will shortly be available in EMIS.

<http://www.rcgp.org.uk/clinical-and-research/toolkits/target-antibiotics-toolkit/patient-information-leaflets.aspx>

Has your patient got symptoms of a Catheter Associated Urinary Tract Infection (CAUTI)?

Catheters increase the likelihood of bacterial colonisation of urine. These can be normal findings in a catheter specimen of urine and in isolation does not indicate infection. If there is no clinical evidence of a CAUTI do not take a sample – false positives can lead to unnecessary antibiotic use.

A poster is now available to download on ELMMB ([Catheter Associated Urinary Tract Infection poster.pdf](#)) covering:

- Which symptoms are required to diagnose CAUTI
- Why Dipstick testing cannot be used to diagnose CAUTI
- When to take a catheter sample of urine (CSU)
- How to take a catheter sample of urine (CSU)

For further information visit www.elmmb.nhs.uk or contact the Medicines Management Teams on 01282 644801 (EL CCG) or 01254 282087 (BwD CCG)