

Patients with a catheter:

- Urine culture will be taken to confirm infection and type of antibiotic
- Double check of catheter infection control procedures
- If patient has frequent infections may prescribe antibiotics
- Will take into account antibiotic resistant factors in the hospital

**Urinary Tract Infection (UTI) in Males
(Urinary Tract Infection: kidneys and bladder)**

You may have a range of symptoms including:

- Pain above the pubic bone
- Painful urination
- Cloudy and/or smelly urine
- Back pain
- Frequent and/or urgent urination
- Discharge, itch

Note: patients with catheters or have diabetes can be susceptible to a urinary tract infection

Examination by a Doctor

- May collect urine sample for analysis – dipstick test may indicate an infection.
- Antibiotic prescribed and urine sent for further tests.

Other reasons for the UTI may be investigated e.g. sexually transmitted infection

Treatment of Symptoms

- Symptoms may be treated with Paracetamol or Ibuprofen.
- URAL (a sachet dissolved in water and drunk) is a urinary alkaliser that relieves discomfort and also pain during urination
- Cranberry capsules and cranberry juice may reduce recurrence

Treatment with Antibiotics

- **Note:** pharmacies can supply antibiotics if the UTI is uncomplicated – antibiotics should clear the infection within 3 to 8 days
- Recommend antibiotics if symptoms last more than 2 days

Non-Drug Treatment

Note: usually a UTI will clear up within 4 – 9 days without antibiotics

- Take cranberry products (do not take if on warfarin)
- Drink lots of water
- Use a lubricant for sex
- Urinate immediately after sex

No improvement

If no improvement

Recurrent UTI Infections

- Doctor will check for other causes e.g. enlarged prostate, chlamydia
- Will review treatment
- May provide antibiotics to be taken as needed or longer term (6 months) antibiotics

If symptoms are not controlled after two targeted antibiotic treatments or other causes are suspected – refer to Urology Department

Primary health care providers, Hospital Doctors, nurses, pharmacists, and other health professionals follow the clinical version of these pathways which are based on the best available clinical evidence.