


Appendices


Appendix 1 Patient information leaflet for UTI⁵²



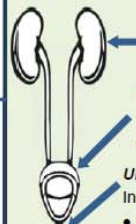
Public Health England

Urinary tract infection (UTI) information leaflet


For women outside care homes with suspected uncomplicated urinary tract infections (UTIs) or uncomplicated recurrent UTIs




TARGET
Clearly approved by Plain English Campaign


Possible urinary symptoms	The outcome	Recommended care	Types of urinary tract infection (UTI)
<p>Frequency: Passing urine (wee) more often than usual</p> <p>Dysuria: Burning pain when passing urine</p> <p>Urgency: Feeling the need to pass urine immediately</p> <p>Haematuria: Blood in your urine</p> <p>Nocturia: Needing to pass urine in the night</p> <p>Suprapubic pain: Pain in your lower tummy</p> <p><i>Other things to consider</i></p> <p>Recent sexual history</p> <ul style="list-style-type: none"> Some sexually transmitted infections (STIs) can have symptoms similar to those of a UTI. Inflammation due to sexual activity can feel similar to the symptoms of a UTI. 	<p><input type="checkbox"/> Mild, or 1 to 2, symptoms or vaginal discharge (or both)</p> <ul style="list-style-type: none"> Antibiotics less likely to help. Usually lasts 5 to 7 days. <p><input type="checkbox"/> Severe, or 3 or more, symptoms and no vaginal discharge</p> <p>Antibiotics are likely to help, symptoms</p> <ul style="list-style-type: none"> should start to improve within 48 hours usually last 3 days. 	<p><input type="checkbox"/> Self-care and pain relief. Symptoms are likely to get better on their own.</p> <p><input type="checkbox"/> Delayed or backup prescription. Start antibiotics if symptoms:</p> <ul style="list-style-type: none"> get worse do not get a little better with self-care after 24 to 48 hours. <p><input type="checkbox"/> Antibiotic prescription</p> <ul style="list-style-type: none"> Immediate treatment with antibiotics, plus self-care. 	<p>UTIs are caused by bacteria getting into your urethra or bladder, usually from your gut. Infections may occur in different parts of the urinary tract.</p>  <p>Kidneys (make urine) Infection in the upper urinary tract</p> <ul style="list-style-type: none"> Pyelonephritis (<i>pie-lo-nef-right-is</i>) <p>Bladder (stores urine) Infection in the lower urinary tract</p> <ul style="list-style-type: none"> Cystitis (<i>sis-tight-is</i>) <p>Urethra (takes urine out of the body) Infection or inflammation in the urethra</p> <ul style="list-style-type: none"> Urethritis (<i>your-ith-right-is</i>)
Self-care to help yourself get better more quickly	When should you get help?	Options to help prevent a UTI	Antibiotic resistance
<ul style="list-style-type: none"> Drink enough fluids to stop you feeling thirsty. Aim to drink 6 to 8 glasses including water, decaffeinated and sugar-free drinks. Take paracetamol or ibuprofen at regular intervals for pain relief, if you've had no previous side effects. You could try taking cranberry capsules or cystitis sachets. These are effective for some women. There is currently little evidence to support their use. Consider the risk factors in the 'Options to help prevent UTI' column to reduce future UTIs. 	<p>Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS direct (Wales dial 0845 4647)</p> <p>The following symptoms are possible signs of serious infection and should be assessed urgently.</p> <p>Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> You have shivering, chills and muscle pain. You feel confused, or are very drowsy. You have not passed urine all day. You are vomiting. You see blood in your urine. Your temperature is above 38°C or less than 36°C. You have kidney pain in your back just under the ribs. Your symptoms get worse. Your symptoms are not starting to improve a little within 48 hours of taking antibiotics. 	<p><u>It may help you to consider these risk factors.</u></p> <p>Stop the spread of bacteria from your gut into your bladder. Wipe from front (vagina) to back (bottom) when you go to the toilet.</p> <p>Avoid waiting to pass urine. Pass urine as soon as you need a wee.</p> <p>Go for a wee after having sex to flush out any bacteria that may be near the opening to the urethra.</p> <p>Wash the external vagina area with water before and after sex to wash away any bacteria that may be near the opening to the urethra.</p> <p>Drink enough fluids to make sure you wee regularly throughout the day, especially during hot weather.</p> <p><u>If you have a recurrent UTI, also consider the following.</u></p> <p>Cranberry products: Some women find these effective, but there is currently little evidence to support this.</p> <p>After the menopause: You could consider topical hormonal treatment, for example, vaginal creams.</p>	<p>Antibiotics may not always be needed, only take them after advice from a health professional. This way they are more likely to work if you have a UTI in the future.</p> <p>Antibiotics taken by mouth, for any reason, affect our gut bacteria. These bacteria become resistant to antibiotics we take.</p> <p>Antibiotic resistance means that the antibiotics cannot kill that bacteria.</p> <p>The gut bacteria that cause UTIs are twice as likely to be resistant to antibiotics for at least 6 months after you have taken any antibiotic.</p> <p>Common side effects to taking antibiotics include thrush, rashes, vomiting and diarrhoea.</p>


Leaflet endorsed by:






Royal College of General Practitioners







British Infection Association




Women's Health & Equality Consortium





Welsh Public Health



Welsh Public Health

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Appendix 2 – Patient information leaflet for common illnesses



Treating your infection



Patient Name It is recommended that you if-care 

Your infection	Most are better by	How to treat yourself better for these infections, now and next time	When should you get help: Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS Direct (Wales dial 0845 4647)
<input type="checkbox"/> Middle-ear infection	8 days	<ul style="list-style-type: none"> Have plenty of rest. Drink enough fluids to avoid feeling thirsty. 	<p>1. to 8. are possible signs of serious illness and should be assessed urgently. Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> If you develop a severe headache and are sick. If your skin is very cold or has a strange colour, or you develop an unusual rash. If you feel confused or have slurred speech or are very drowsy. If you have difficulty breathing. Signs that suggest breathing problems can include: <ul style="list-style-type: none"> breathing quickly turning blue around the lips and the skin below the mouth skin between or above the ribs getting sucked or pulled in with every breath. If you develop chest pain. If you have difficulty swallowing or are drooling. If you cough up blood. If you are feeling a lot worse. <p>Less serious signs that can usually wait until the next available appointment:</p> <ol style="list-style-type: none"> If you are not starting to improve a little by the time given in the 'Most are better by' column. In children with middle-ear infection: if fluid is coming out of their ears for more than 10 days or if they have new deafness. Other
<input type="checkbox"/> Sore throat	7 - 8 days	<ul style="list-style-type: none"> Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both). 	
<input type="checkbox"/> Common cold	2 weeks	<ul style="list-style-type: none"> Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol if you or your child are uncomfortable as a result of a fever. 	
<input type="checkbox"/> Sinusitis	2 weeks	<ul style="list-style-type: none"> Use a tissue and wash your hands well to help prevent spread of your infection to your family, friends and others you meet. 	
<input type="checkbox"/> Cough or bronchitis	3 weeks	<ul style="list-style-type: none"> Other things you can do suggested by GP or nurse: 	
<input type="checkbox"/> Other infection: days	

Back-up antibiotic prescription to be collected after days only if you are not starting to feel a little better or you feel worse.

Collect from: Pharmacy General Practice GP, nurse, other Book consultation

- Colds, most coughs, sinusitis, ear infections, sore throats, and other infections often get better without antibiotics, as your body can usually fight these infections on its own.
- If you take antibiotics when you don't need them, it allows bacteria to build up resistance. This means, they're less likely to work in the future, when you really might need them.
- Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea, reactions to sunlight, other symptoms, or being sick if you drink alcohol with metronidazole.
- Find out more about how you can make better use of antibiotics and help keep this vital treatment effective by visiting and pledging at www.antibioticguardian.com

Never share antibiotics and always return any unused antibiotics to a pharmacy for safe disposal



Developed in collaboration with these professional societies.

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Appendix 3 – Flow chart for management of UTI¹⁷

