

# Letterkenny University Hospital - LUH Antimicrobial Prescribing Policy/Guidelines: Prophylaxis of Recurrent Urinary Tract Infections

## Prophylaxis of Recurrent Urinary Tract Infections

Discussion with Microbiology 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 no evidence of any additional benefit from such prophylaxis beyond 3-6 months. In fact, there is significant evidence of harm. Please see [HSE AMRIC guidance](#) for more information. The patient should be advised upon initiation that antibiotic prophylaxis is prescribed for a fixed period of time, that there is a risk of side effects and that this is not intended to be a long-term medication.

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. Chronic pulmonary reactions and chronic active hepatitis, occasionally leading to hepatic necrosis, can occur rarely in patients treated with nitrofurantoin. They are generally associated with long-term therapy (usually after six months). If an ongoing need for antibiotic prophylaxis is required post 6-month exposure to nitrofurantoin, an alternative antibiotic is advised where possible. Monitor lung and liver function in patients on long-term nitrofurantoin therapy. Avoid in renal impairment (eGFR less than 45ml/minute when used as prophylaxis).

### References:

1. HSE Antimicrobial Resistance and Infection Control (AMRIC) group: Antibiotic Prescribing - Deprescribing UTI prophylaxis guidance. Updated November 2023 (Accessed March 2024) [Deprescribing UTI prophylaxis - HSE.ie](#)
2. IDSA/ESCMID Guidelines for the treatment of acute uncomplicated cystitis and pyelonephritis in women. *Clin Infect Dis* 2011;52:e103-e120
3. SIGN 160: Management of suspected bacterial urinary tract infection in adults [Sept 2020](#)