

RECURRENT URINARY TRACT INFECTION (UTI’S) REFERRAL GUIDELINE

Maine Medical Partners - Women’s Health Division of Pelvic Medicine and Reconstructive Surgery
100 Brickhill Ave, Suite 203, South Portland, ME · (207) 761-1502

HIGH RISK SUGGESTED EMERGENT CONSULTATION		MODERATE RISK SUGGESTED CONSULTATION OR CO-MANAGEMENT	LOW RISK SUGGESTED ROUTINE CARE
SYMPTOMS AND LABS N/A		SYMPTOMS AND LABS Urinary retention	SUGGESTED WORKUP Urinalysis and urine cultures to confirm UTIs. Only recommend testing when patient is symptomatic (2 genitourinary symptoms, uropathogen and pyuria meets diagnostic criteria for UTI) Pelvic exam (note findings for vaginal atrophy, vulvar dermatoses i.e. lichen sclerosis) Post-void residual check, urinary retention
SUGGESTED PREVISIT WORKUP N/A		SUGGESTED WORKUP Evaluation by urologist or MMP Pelvic Medicine	SUGGESTED MANAGEMENT OTC supplements (cranberry tablets, Vitamin C 500mg BID, and D-Mannose) If patient is post-menopausal, first line therapy is vaginal estrogen cream 1 gm PV 2 X week Consider prophylactic antiseptic (Methenamine 1gm PO BID) or antibiotics to prevent UTIs

CLINICAL PEARLS

- Refer to a urology practice or MMP Pelvic Medicine for further evaluation and management of recurrent UTIs if initial prophylactic measures are unsuccessful
- Consider consult with infectious disease