

Drug	Dose	Duration	+/- Notes
1st choice options			
Nitrofurantoin Immediate Release Capsules	50 mg every 6 hours	3 days	<ul style="list-style-type: none"> • Immediate/ Prolonged Release should be stated on the prescription (see note below on formulation difference) • <u>NOTE</u>: If history of recurrent infection, consider treating for 5 days.
OR			
Nitrofurantoin Prolonged Release Capsules	100 mg every 12 hours	3 days	
Alternative 1st choice options (if nitrofurantoin unsuitable)			
Cefalexin	500 mg every 12 hours	3 days	
OR			
Trimethoprim	200 mg every 12 hours	3 days	Only use when nitrofurantoin is unsuitable and risk of resistance is low.
Alternative (if resistance to the above agents is suspected)			
Fosfomycin	3 g	Single dose	Should ideally be taken at night, on an empty stomach, and empty bladder to maximise absorption and effectiveness