

Recommended Prophylaxis (N.B. check patient's recent susceptibility results before choosing antibiotic)	Single dose following exposure to trigger	Continuous prophylaxis dose (Duration: 3- 6 months)
1st choice options		
Nitrofurantoin <i>contraindicated in patients with eGFR <45ml/min/1.73 m²</i>	100 mg	50- 100 mg every 24 hours at night
Trimethoprim	200 mg	100 mg every 24 hours at night
2nd choice options		
Amoxicillin	500mg	250mg every 24 hours at night
Cefalexin	500mg	125mg every 24 hours at night