



Key message circulated with PCRS Green/Red report

March 2020

Key message: Thank you to each one of you who has made the change from red to green in 2019. There is a clear shift from red to green antibiotics in 2019 compared with 2018. In particular we see amoxicillin and doxycycline (increased by 14% and 22% respectively) replacing red antibiotics such as clarithromycin, co-amoxiclav, quinolones and cephalosporins (other than cefalexin – a green agent). With your continuing support we can do better in 2020.

This month we want to highlight antibiotic choice for UTI, see the UTI section on www.antibioticprescribing.ie which has been updated.

Updates to: *Adult male uncomplicated UTI, Adult female uncomplicated UTI, Acute Pyelonephritis*

New: *Recurrent UTI in adult, non-pregnant females.*

Remaining parts of the UTI section will be updated in the coming months.

Prescribing Tips for Urinary Tract Infections

For **female uncomplicated UTI** the first line agent is nitrofurantoin. Resistance to this is uncommon, there are no significant drug interactions, low risk for *Clostridioides difficile* and generally very safe for short term use. Key limitations - it only works for cystitis (Lower UTI) not for pyelonephritis and may be less effective and more toxic in people with significant renal impairment. Nitrofurantoin should not be used at all in people with eGFR <29mls/min/1.73m².

For **acute pyelonephritis** – if the patient does not require hospitalisation, cefalexin is a preferred first line choice because most bacteria that cause UTI in the community setting are sensitive to it, it causes less disturbance to normal gut bacteria than other options, has no significant drug interactions, is safe in renal impairment and well tolerated.

Symptoms that suggest recurrent UTI in females are often caused by other conditions including gynaecological conditions. A mistaken diagnosis of recurrent UTI means that their real problem goes untreated and the patient is exposed to potentially harmful antibiotics.

Check out the recurrent UTI section on www.antibioticprescribing.ie for tips on how to figure out if symptoms are related to recurrent UTI and if not what else might help.