

Cystitis

Diagnosis of a urinary tract infection requires signs or symptoms to be present, including: dysuria, frequency, urgency, supra-pubic tenderness, and hematuria. Patients who have fever, flank pain, chills or CVA tenderness should be assessed for pyelonephritis. Cystitis spontaneously resolves in 50% of cases. Catheters should be removed or changed if present; this alone may resolve symptoms.

Uncomplicated, choose ONE of:

Drug	Dose	Route	Duration
Nitrofurantoin (MacroBID®)	100 mg BID	PO	5 days
TMP-SMX	1 DS tab BID	PO	3 days
Cephalexin	250 to 500 mg QID	PO	5 days
Fosfomycin	3g (1 Sachet)	PO	Single dose

Complicated (male or urinary tract abnormality), choose ONE of:

Drug	Dose	Route	Duration
Nitrofurantoin (Macrobid®)	100 mg BID	PO	5-7 days
TMP-SMX	1 DS tab BID	PO	5-7 days
Amoxicillin-clavulanate	875 mg BID	PO	5-7 days
Cefuroxime	500 mg BID	PO	5-7 days
Cefixime	400 mg daily	PO	5-7 days

