

General Practice guide: diagnosing suspected UTI in catheterised adults OR those over 65 years

(Please refer to the 'Diagnosis of UTIs quick reference tools for Primary Care' at www.gov.uk for other patient groups)

First Think Sepsis: follow [NICE guidance](#) for management.

Check for Pyelonephritis: kidney pain/tenderness in back or under ribs, new/different myalgia, flu-like illness, nausea/vomiting, shaking chills (rigors) OR temp over 37.9° C OR 36°C or below.

Follow NICE [Pyelonephritis \(acute\): antimicrobial prescribing](#) for management.

Then check for all new signs/symptoms of UTI.

Signs and symptoms of UTI:

- New onset dysuria (pain on urination) alone

OR 2 or more from the following criteria:

- Temperature 1.5°C above normal twice in the last 12 hours
- New frequency or urgency
- New incontinence
- New or worsening delirium/debility/confusion
- New suprapubic (lower abdominal) pain
- Visible haematuria (blood in urine)

If fever and delirium/debility only consider other causes before treating for UTI.

If catheterised, also check for catheter blockage and consider catheter removal or replacement.

**Do the right thing...
'ditch the dipstick'
in catheterised adults
and the over 65s!**

Urine dipsticks are unreliable in diagnosing UTIs. 50% of over 65s and almost all catheterised adults have bacteria present in the bladder/urine without an infection.

This is 'asymptomatic bacteriuria' and **does not need treating with antibiotics.**

Using urine dipsticks in these groups can lead to harm through unnecessary antibiotic use and missed alternative diagnoses.

- ✓ Only treat based on clinical signs and symptoms.
- ✓ Send a CSU (catheter specimen of urine) or MSU (mid-stream specimen of urine), if feasible, before antibiotics are taken.
- ✓ Prescribers should refer to their local Antimicrobial guidelines for antibiotic choice and duration.
- ✓ Advise continued monitoring for signs of deterioration and escalate if necessary.

Check for other causes of delirium if relevant (PINCH ME):

P	Pain	M	other Medication
I	other Infection	E	Environment change
N	poor Nutrition		
C	Constipation		
H	poor Hydration		