



When It Comes To Urine Testing, Hold It.

Four opportunities for antimicrobial stewardship in urinary tract disease

Only order a UA to assess for a UTI if symptoms are present

- Symptoms of UTI include dysuria, hematuria, urinary urgency, urinary frequency, fever, suprapubic pain/tenderness, costovertebral pain tenderness and mental status changes without other explanations.
- An abnormal UA does not equal a UTI.

Only order a urine culture if symptoms of a UTI are present

- Without UTI symptoms, a urine culture is not a useful test.
- Symptoms of UTI do NOT include: dizziness, falls or isolated nausea and vomiting.
- Overuse of this test can lead to downstream antibiotic use, allergic reactions and clostridium difficile infection.

Do not start antibiotics for an abnormal UA

- Many patients can have abnormalities (white blood cells, blood, bacteria, etc.).
- Without symptoms of a UTI, antibiotics are not required.

Do not start antibiotics for an abnormal urine culture

- Urine cultures are frequently abnormal, particularly in females and the elderly.
- There are very few indications for treatment of bacteriuria without symptoms; these include an upcoming urologic surgery or if the patient is pregnant.