

# We no longer accept urine samples without first seeing a GP or Nurse

**Mild UTIs usually pass in a few days. To ease pain while it clears up:**

- Take *paracetamol*
- *Avoid NSAIDs* like ibuprofen or aspirin (they may increase the risk of kidney problems)
- Place a *hot water bottle* on your tummy, back or between your thighs.
- *Rest* and drink *plenty of fluids* to help your body flush out the bacteria.

**If you have *2 or more of the following symptoms*:**

- ❖ Pain on passing urine
- ❖ Need to pass urine urgently
- ❖ New or worsening urinary incontinence
- ❖ Need to pass urine more frequently
- ❖ Visible blood in urine
- ❖ Shivering, chills, or a temperature less than 36°C or above 38°C
- ❖ New or worsening confusion or agitation
- ❖ Lower abdominal, flank or back pain

***Book an “extras” appointment*** at end of surgery. While you wait, provide a urine sample in a pot obtained from reception.

*This change is in line with national guidance. Urine has harmless bacteria in it so decisions based on dipstick results can lead to unnecessary prescriptions for antibiotics & increased antibiotic resistance. National guidance is to treat based on an assessment of symptoms, and to send samples to the lab for further analysis to determine the right antibiotic.*