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Urinary tract infections not so easy to diagnose

A recent Tools for Practice¹ notes, “Individual symptoms and leukocytes on urinalysis generally add little to diagnosis. The presence of nitrites increases the probability of UTI, but their absence means little. About 60% of women presenting to primary care with possible UTI have a UTI (before any history, physical or testing). A single urine culture likely misses cases, meaning prevalence is even higher.”

Often, dysuria without frequency can be herpes simplex, so a genital exam can be helpful. In the end, if unsure, then treating with antibiotics may be an option. In Auckland, this is now Macrobid 100 mg BD (i.e. modified release; on most PMS, use trade name to get the correct compound) for 5 to 7 days.

Reference:

1. Is booking an urgent UTI appointment the best sign of a UTI? Tools for Practice # 324 [View](#)

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