

Treatment of ESBL Urinary Tract Infections

When male and female are stated within this policy, it refers to sex assigned at birth.

For patients who have had reassignment procedures seek advice as needed.

ESBL upper UTI

- As per sensitivities

ESBL lower UTI

- As per sensitivities
- 1st line: nitrofurantoin 100mg MR bd (5 days female/7 days male) [Consider renal/respiratory cautions](#)
- Other options:
 - Fosfomycin 3g sachet repeated on day 3 (males and females)
 - Pivmecillinam 400mg tds (5 days female/7 days male)

Recurrent ESBL UTI

- Do not use pivmecillinam or fosfomycin for prophylaxis
- Treat infections as per sensitivities and advice above
- Reinforce self care and personal hygiene advice
- Avoid use of carbapenems if at all possible. Seek specialist advice from ID or Microbiology

Reference:

[BSAC 2018](#) guidance Multidrug resistant Gram Negative Bacteria

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