

Preparing for your recurrent UTI appointment

A practical guide from Mr Torath Ameen, Consultant Urologist · nouti.co

A specialist appointment for recurrent urinary tract infection works best when your history arrives with you. This guide covers what to bring, the questions worth asking, and a one week symptom diary to complete before you come.

1 · What to bring

- A list of your infections over the past one to two years, with rough dates and how each was treated.
- Copies or photos of any urine culture results, including the negative ones. Negative results are just as informative.
- A list of antibiotics you have taken for UTI, and any that did not work or caused side effects.
- Your current medications, including HRT, vaginal oestrogen, and any supplements such as D-mannose or cranberry.
- Any previous scans, cystoscopy reports or specialist letters, if you have them.
- Your completed symptom diary (overleaf).

2 · Questions worth asking at your appointment

- What do you think is the underlying reason my infections keep returning?
- Do my urine test results tell the whole story, and would further tests add anything?
- Is my bladder emptying properly, and should this be checked?
- Which prevention options fit my situation: vaginal oestrogen, methenamine, antibiotic strategies, bladder instillations or the UTI vaccine?
- What is the plan if the first approach does not work, and when will we review it?
- What symptoms should prompt me to contact you urgently?

3 · Tests you may be offered

Depending on your history, assessment may include properly interpreted urine studies, a bladder ultrasound with a post-void residual check (how completely you empty), a urine flow test, and where indicated a flexible cystoscopy, a short outpatient camera check of the bladder using local anaesthetic gel. None of these requires an overnight stay.

Tip: if you develop infection symptoms before your appointment, try to have a urine sample sent for culture before starting antibiotics, and keep a copy of the result.

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Your one week symptom diary

Complete this for the week before your appointment. Score symptoms 0 to 3 (0 none, 1 mild, 2 moderate, 3 severe).

Day	Burning / pain (0-3)	Urgency (0-3)	Frequency: times up at night	Visible blood (Y/N)	Antibiotic taken?	Notes (triggers, fluids, pain relief)
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Anything else you want to make sure is discussed: