

Position statement on the prescribing for mild cystitis in adults

Following the NHS England guidance 'Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs' (March 2018) the following changes to prescribing have been agreed across Barking and Dagenham, Havering and Redbridge.

**From 16 March 2021
Barking and Dagenham, Havering and Redbridge Clinical
Commissioning Groups (BHR CCGS) no longer supports the
prescribing of treatment for mild cystitis**

Decision

The decision to stop treatment for mild cystitis applies to ALL patients across Barking and Dagenham, Havering and Redbridge unless the patient fall into one of the exceptions listed below.

If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice from a pharmacy, NHS app, NHS website or NHS 111.

Please note that care homes should be referring to the [UTI assessment tool](#) if a urinary tract infection is suspected. If UTI is excluded, access to treatment for mild cystitis should be considered via a care home policy.

Exceptions

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue in primary care for:

- Patients who exhibit 'red flag' symptoms should be referred or treated accordingly
- Men
- Pregnancy or breastfeeding
- Those who symptoms who do not start to improve within 3-5 days
- Patients who have (or previously had) kidney disease
- Patients who are on a low salt (sodium) diet
- Patients who have diabetes
- Patients who have heart disease or high blood pressure
- The clinician considers that the patient's ability to self-manage is compromised as a consequence of significant vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care. Consideration should also be given to safeguarding issues

This decision was made because:

- Mild cystitis is a common type of urinary tract inflammation, normally caused by an infection; but it is usually more of a nuisance than a cause for serious concern
- Mild cases can be defined as those that are responsive to symptomatic treatment but will also clear up on their own. **If symptoms don't improve in 3 days, despite self-care measures, the patient should be advised to contact their GP practice**
- Symptomatic treatment using products such as potassium citrate that reduce the acidity of the urine to reduce symptoms are available, but there's a lack of evidence to suggest they're effective. If patients want to use them, they are widely available to purchase at reasonable cost at pharmacies
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before

References

1. NHS website: cystitis- last reviewed: 9 August 2018. Page accessed 23 April 2021
<https://www.nhs.uk/conditions/cystitis/>
2. NHS England and NHS Clinical Commissioners. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs, March 2018. Publishing approval reference 07851
<https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-CCGs/>