Northern Territory of Australia

Medicines, Poisons and Therapeutic Goods Act 2012

Pharmacist management of uncomplicated Urinary Tract Infections Approval

I, Christine Maree Connors, Chief Health Officer:

(a) under section 254(1) of the Act, approve each Scheduled substance treatment protocol specified in Schedule A;

(b) under section 254(3) of the Act, state that each Schedule substance treatment protocol specified in Schedule A remains in effect for a period of 2 years on and from the date of this instrument.

Dated 22 October 2024

Chief Health Officer

Schedule A

Title	Publication Date	Author
Pharmacist management of uncomplicated Urinary Tract Infections	22 October 2024	Medicines and Poisons, Northern Territory Government, Department of Health

Pharmacist management of uncomplicated Urinary Tract Infections

Areas Applicable	NT Wide
Health Professionals authorised by this SSTP	Pharmacists
Scheduled Substance(s)	Nitrofurantoin Cefalexin
Indication	Treatment of acute uncomplicated cystitis (Urinary Tract Infection) in women
Contraindications and/or Exclusions*	• Patients with an anatomical male urinary tract • Age <18 and >65 years • Pregnant • Use of antibiotics within the previous 14 days • Treatment of UTI with antibiotics in the previous 6 months • More than 2 UTI in the previous 12 months • Patients with Chronic Kidney Disease • Patients with kidney stones, urinary catheters/stents or recent urinary tract surgical procedure • Patients with paralysis affecting mobility, increasing risk of recurrent or complex UTI's **Precautions** • Nitrofurantoin should not be used in patients with a eGFR <45mL/minute. Where recent renal function rest is not available, Nitrofurantoin should not be used in patients with risk factors for CKD.
Dose and Route	**First line treatment:** Nitrofurantoin 100mg, four times a day for 5 days (20 capsules) **If Nitrofurantoin is not suitable:** Cefalexin 500mg orally every 12 hours for 5 days (10 capsules)
Administration	Nitrofurantoin should be given with food to reduce nausea and improve absorption
Dose Frequency	Doses must be provided as a single course and this protocol only authorizes a course every 6 months for any patient.

<table>
<tr><td>Drug Interactions</td><td colspan="3">Pharmacists should be guided by published interaction information on the Australian Medicines Handbook or MIMMS online.

Patients should be advised not to use antacid preparations at the same time as nitrofurantoin.</td></tr>
<tr><td>Monitoring requirements</td><td colspan="3">Patients must be advised to seek further medical review if symptoms worsen, do not resolve or persist after the course of treatment or reoccur within 6 months of treatment.</td></tr>
<tr><td>Health Professional Accreditation Requirements</td><td colspan="3">Pharmacists
Be registered with the Pharmacy Board of Australia with no conditions or undertakings which may limit delivery of clinical services directly to patients
Have completed:
Australasian College of Pharmacy Uncomplicated Cystitis Treatment - Pharmacist Training; or
Pharmaceutical Society of Australia Managing uncomplicated cystitis; or
Training module(s) that have been approved by the Chief Health Officer for the purposes of this protocol</td></tr>
<tr><td>Service Requirements</td><td colspan="3">Pharmacists may charge a cost for this service in addition to the cost of the medicines.

Pharmacists must ensure the patient is aware of the cost involved when offering the service and inform them that free consultations are available through bulk-billing general practitioners</td></tr>
<tr><td>Documentation
(including necessary information to the patient)</td><td colspan="3">The pharmacist must:
Complete and retain a clinical record of treatment and provide a service summary for the patient. This record must include date of consultation, patient health history, relevant symptoms justifying therapy, any issues identified, actions taken (including the name of the medicine if supplied).
Upload a record of the supply to the patients MyHealthRecord where present and patient consents.</td></tr>
<tr><td rowspan="2">Chief Health Officer</td><td>Signature</td><td>Name</td><td>Date</td></tr>
<tr><td>EDOC2024/24823</td><td>Adj Prof Christine Connotrs</td><td>22/10/2024</td></tr>
<tr><td>Period of effect</td><td colspan="3">SSTP is effect until 22/10/2026 unless revoked earlier</td></tr>
<tr><td colspan="4">References:
* The drug information provided is to act as a guide to outline the limits of legal dealing with the named scheduled substances. Further information reference should be made to the full manufacturer’s product info and other reliable sources of medicines information.</td></tr>
</table>