

## Alternative to Prophylactic Antibiotics for the Treatment of Recurrent Urinary Tract Infections in Women



In a recent multicenter, open label, randomized, noninferiority trial investigators found that nonantibiotic prophylaxis with methenamine hippurate is noninferior to prophylactic treatment for women with recurrent urinary tract infections (UTI). The study included 240 women aged 18 years or older from 8 centers in the United Kingdom who had recurrent UTI that required prophylactic treatment from June 2016 to June 2018. Patients received antibiotic prophylaxis daily with nitrofurantoin, trimethoprim, or cephalexin or the study drug methenamine hippurate 1 g twice daily for 12 months.

Incidence of antibiotic treated UTI during the 12-month treatment period was 0.89 episodes per person year (95% confidence interval, 0.65 to 1.12) in the antibiotics group and 1.28 (95% confidence interval, 1.05 to 1.72) in the study drug group. The absolute difference between groups was 0.49 (90% confidence interval, 0.15 to 0.84) which confirmed non-inferiority. Adverse effects were similar between the two groups and were primarily classified as mild reactions. Given the noninferiority of methenamine hippurate for prophylaxis of recurrent UTIs in women it may be appropriate and helpful in preventing unnecessary antibiotic exposure and promoting antimicrobial stewardship.

Follow this link to read more: <https://doi.org/10.1136/bmj-2021-0068229>