



### **RECURRING URINARY TRACT INFECTIONS**

Many women and men experience a urinary tract infection (UTI) at some point in their lives.

A urinary tract infection occurs when bacteria begin to grow in the urine. Symptoms may include burning, urinary frequency, urgency, or discomfort.

UTIs can disrupt daily life, especially if you experience them frequently. Our physicians specialize in evaluating potential causes or risk factors that contribute to your symptoms.



### **DIAGNOSIS**

Depending on your situation, you may require a simple physical exam and urine test or more detailed testing such as a bladder-emptying study, imaging, or inspection of the bladder (with a camera) to look for the cause.

#### **Urine Samples/Office Visits**

Urine cultures are a necessary first step to determining the UTI's cause; however, to create an effective treatment plan, you must still see a provider.

**We do not accept sample drop-offs as a means for providing treatment by phone.**

#### **MicroGenDx: New 2-Part DNA Testing**

New technology enables us to better identify bacteria and fungus, which may not appear on a typical urine culture.

We may order this DNA test if:

- you have had negative urine cultures and recurrent symptoms that do not improve with medication;
- you have had a urine culture at The Urology Group within the last 6 months and still have symptoms;
- or if your urologist feels it is necessary.

Your urine will be tested at The Urology Group and sent to the MicroGenDx lab. Preliminary results are typically available in two business days and final results in seven business days.



## TREATMENT

Once we know the cause we can develop a treatment plan that may include medications, procedures, or other management to help reduce the frequency of your infections.

### Antibiotics

We need to determine if a bacteria is causing the infection or if an antibiotic will treat the infection completely. Some patients have symptoms that mimic a UTI but do not have an infectious cause that requires an antibiotic.

**We do not routinely prescribe antibiotics without a urine test and an office visit.**

### Other Medications

- **Estrogen cream (for females)** to change the pH of the vagina to promote the growth of good bacteria
- **Probiotics** to increase good bacteria, which is especially important when taking antibiotics (daily yogurt can also help with this)
- **Non-antibiotic preventions** (over-the-counter or prescribed supplements) such as cranberry extract, D-Mannose & Methenamine Hippurate
- **Preventative low-dose antibiotic** that is taken daily or after sexual intercourse (if thought to be a trigger)



## BILLING

Some testing to diagnose and treat your UTI may be billed by a 3rd party, such as MicroGenDx DNA testing. Although most insurance payers cover this test, we cannot guarantee it. You may owe a deductible at the time of testing. If you receive an Explanation of Benefits (EOB) after your test **please wait until you receive a bill** from The Urology Group to determine the amount you will owe, if any. For billing questions call 513-841-7460.

**You may also receive a separate bill from MicroGenDX. If you have questions about that bill, please contact them directly at 855-208-0019 ext 502.**



## SCHEDULING A VISIT

If you suspect a UTI, call (513) 841-7400. We will make best efforts to schedule your office visit within 24 hours, either with a urologist or an advanced practice provider.

If your situation occurs on a weekend or we are unable to schedule you quickly enough, we recommend you see your primary care physician or an urgent care facility. Please request to have a urine culture done and results sent to The Urology Group to help guide future care.

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