

Table 4. Suggested antibiotics for empirical treatment of acute uncomplicated cystitis

Antibiotic	Suggested dose and duration	Common side effects	Practice tips
Nitrofurantoin	50-100 mg QID [†] x 3-5 days	Nausea, vomiting, diarrhoea, loss of appetite, headache, dizziness	<ul style="list-style-type: none"> Not advisable to use if eGFR is <45 mL/min/1.73m², but may be used with caution in patients with eGFR 30 to 44 mL/min/1.73m² if potential benefit outweighs risk. Efficacy reduced when taken concurrently with over-the-counter urinary alkalinising remedies. The decision between a longer (5-day) or shorter (3-day) course should be made based on considerations such as the expected efficacy (some evidence suggests greater clinical or microbiological cure with a 5-day course)³⁴ and patient factors (e.g., likelihood of adhering to QID dosing).
If nitrofurantoin is not suitable			
Amoxicillin-clavulanate	875/125 mg BD x 5-7 days (for severe cases) 500/125 mg BD x 5-7 days (for mild to moderate cases)	Diarrhoea, nausea, vomiting, mucocutaneous candidiasis (including vulvovaginal candidiasis)	<ul style="list-style-type: none"> Contraindicated in patients with history of amoxicillin-clavulanate-associated jaundice/hepatic dysfunction or history of hypersensitivity to beta lactams. No renal dose adjustment required in patients with CrCl >30 mL/min. Refer to product insert for more information.
Fosfomycin	3 g single dose	GI disturbances (nausea, diarrhoea, pyrosis)	<ul style="list-style-type: none"> Contraindicated in patients with hypersensitivity to the medication, patients with severe renal insufficiency (CrCl <10 mL/min), and patients undergoing haemodialysis. Fosfomycin may not be available on some formularies. Please check local formulary before considering.

Dosing information, common side effects and practice points are based on information from local product information leaflet/product insert, reference guidelines and expert opinion.

BD, two times a day; CrCl, creatinine clearance; eGFR, estimated glomerular filtration rate; GI, gastrointestinal; QID, four times a day

[†]At the time of publication, nitrofurantoin 100 mg (modified-release formulation with twice daily dosing) is not registered with the Health Sciences Authority. Consider alternative treatment if adherence to QID dosing may be an issue.