Urinary tract infections (UTIs) are more common in women than in men, and increase in incidence after the menopause. They are usually caused by bacteria from the gastrointestinal tract, most commonly *Escherichia coli*.

**Infections of the lower urinary tract in the menopause**

**Investigations**
The investigations for menopausal women presenting with symptoms of urinary tract infection include:
- urine dipstick for nitrites, leukocytes and red blood cells
- urine culture and sensitivity
- imaging – ultrasound, computed tomography (CT) scan
- cystoscopy

**UTIs may be simple or complicated:** simple UTIs occur in women with a normal urinary tract and no co-morbidities; complicated UTIs are associated with an increased likelihood of complications.

**Prevention**
Any or all of the following may be useful for prevention:
- topical (vaginal) low-dose estrogen (which can also be taken by women who are using systemic menopausal hormone therapy)
- the use of water-based lubricants during sexual intercourse
- D-mannose
- antibiotic prophylaxis

There is a lack of evidence regarding ospemifene or prasterone, and no good-quality evidence for the preventive effects of cranberry juice or products.

**Further information**
- Bono et al. (2023) Uncomplicated urinary tract infections  PMID: 29261874
- Jepson et al. (2023) Cranberries for treating urinary tract infections  https://doi.org/10.1002/14651858.CD001322.pub2