

PATIENT MATERIAL

Information about Recurrent Urinary Tract Infections and Hiprex[®] (methenamine hippurate)

What is a Urinary Tract Infection (UTI)?

A urinary tract infection, or UTI, is an infection of the bladder, kidneys or tubes connected to them. Urinary tract infections occur when the urinary tract becomes infected, usually by bacteria. In most cases bacteria from the gut enter the urinary tract through the urethra. In some cases, an infection can be caused from the use of a medical device, such as a catheter.

Symptoms of a Urinary Tract Infection

- A need to urinate more often than usual
- Pain or discomfort when urinating or a sudden urge to urinate
- Feeling as though you're unable to empty your bladder fully
- Pain low down in your tummy
- Urine that's cloudy or foul-smelling
- Feeling generally unwell, achy and tired

What is a recurrent Urinary Tract infection and why have I been prescribed Hiprex[®]?



Unfortunately **1 in 4 women** who have a urinary tract infection, will go on to have recurrent infections.

Your doctor may have prescribed you Hiprex[®] because they think you are at risk of developing repeated infections. You are typically considered at risk of recurrent UTIs if you have displayed symptoms of a UTI twice in 6 months or 3 times in 12 months.

When taken regularly, Hiprex[®] can be used to prevent further infections.

Will Hiprex[®] prevent breakthrough infections?

Neither low dose antibiotics designed to prevent infection or Hiprex[®], will completely prevent repeated infections but should significantly reduce the number you experience.

What should I do if I get a breakthrough infection?

Please go back to your doctor if you recognise the symptoms of a urinary tract infection, as antibiotics may be required to treat the active infection. Hiprex[®] is designed to prevent future infections not treat an active infection.



Why have I not been prescribed an antibiotic to prevent infection?

Antibiotics are an important class of medicine, but overuse can result in the bacteria becoming resistant. This can make infections harder to treat. Therefore, it is important we look for alternatives for common conditions. In this instance, your healthcare professional has identified Hiprex[®] as an alternative to low dose antibiotics to help prevent your recurrent UTIs.

How Hiprex[®] works

Hiprex[®] contains two active ingredients, methenamine and hippuric acid. Both work together to create an antibacterial effect to kill the bacteria that cause a urinary tract infection. If taken regularly, Hiprex[®] can prevent an infection from recurring.

About Hiprex®

Hiprex® can be used as a long term treatment to prevent further infection.

Although Hiprex® is more commonly used for patient with recurrent UTI, it can also be used to suppress a urinary infection in men or women who have a catheter fitted. It can also help reduce the occurrence of catheter blockage.

Hiprex® may also have been given to you if you are going into hospital for a procedure of your urinary tract system. When an instrument is used during a procedure there is always a risk of infection. Hiprex® should help prevent this.



What you need to know before you take Hiprex®?

Do not take Hiprex® if:

- You are allergic to methenamine hippurate or any of the other ingredients of this medicine (listed in section 6 of the patient leaflet supplied with your medicine)
- You are taking antibiotic medicines called sulphonamides. These can damage your kidneys when taken at the same time as Hiprex®
- You are severely dehydrated
- You have serious problems with your kidneys
- You have problems with your liver
- You have gout
- You have a condition called metabolic acidosis (a chemical imbalance in the blood).

If any of the above applies to you, talk to your doctor or pharmacist.

How to take Hiprex®?

Always take Hiprex® exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. Important: Your doctor will choose the dose that is right for you. Your dose will be shown clearly on the label that your pharmacist puts on your medicine. If it does not, or you are not sure, ask your doctor or pharmacist.

The tablets can be broken in half or may be crushed and taken with a drink.

What do I do if I forget to take Hiprex®?

Do not take a double dose to make up for a missed dose. Simply take your next dose as planned. If you stop taking Hiprex® your doctor will tell you how long to take your medicine for. Do not stop taking Hiprex® without first talking to your doctor. As this is a preventative it can be used long term.

REPORTING OF ADVERSE EVENTS IN THE UK

Please continue to report suspected adverse drug reactions with any medicine or vaccine to the MHRA through the Yellow Card Scheme. It is easiest and quickest to report adverse drug reactions online via the Yellow Card website <http://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in Google Play or Apple App store.

Alternatively, you can report via some clinical IT systems (EMIS/SystemOne/Vision/MiDatabank) or by calling the Commission on Human Medicines (CHM) free phone line: 0800-731-6789. Adverse reactions/events should also be reported to MAH at email address pv.uk@viatris.com