

# Symptom-Free Pee: LET IT BE

A national initiative to stop inappropriate antibiotic use for asymptomatic bacteriuria in elderly patients.

Dear patient or family member of \_\_\_\_\_,

Unnecessary urine cultures lead to inappropriate antibiotic use, resulting in harm to patients. Harm can be direct – such as causing allergic reactions, gastrointestinal side effects, drug interactions, and *C. difficile* diarrhea – or indirect – such as causing antibiotic resistance in patients and fellow patients. Urinary tract infections are difficult to diagnose in elderly. Many elderly patients have bacteria in their bladder and do not have an infection.

## Dehydration alone will often result in:

1. Foul-smelling, dark, or cloudy urine; and / or
2. Changes in mental status, behaviour, or function.

## → Plan of action

In the next 24 hours, we will (check all that apply):

- Monitor for typical signs of urinary tract infection.
- Encourage or assist in increasing fluid intake.
- Encourage or assist in increasing mobility.
- Rule out other causes.

## → More than half of all elderly patients will improve with this plan.

Remember, there are many causes of confusion including: medication side effects, low blood sugar, sleep disturbances, constipation, troubled-breathing, pain, depression, or infection.

## → Thank you for supporting your health care team in using antibiotics wisely.

For more directions and guidance:  
[www.ammi.ca](http://www.ammi.ca)  
#SymptomFreeLetItBe

