

The Manchester Regime



urogynaecology patient
information

What is the Manchester Regime?

The Manchester regime is a 12-month course of low dose antibiotics. This is used for recurrent urinary tract infections, chronic cystitis and sometimes for interstitial cystitis. The theory behind this treatment is to keep the urine, infection free for 12 months to enable the bladder to recover. It helps rejuvenate the protective glycosaminoglycan (GAG) layer, an invisible gel-like layer that prevents infective bugs from infiltrating into the bladder lining.

What is involved?

The Manchester Regime involves four 3-month courses of different antibiotic medications. The antibiotics used are:

- nitrofurantoin 50/100mg once daily
- cephalexin 500mg once daily
- trimethoprim 300mg once daily
- amoxicillin + clavulanate 500mg once daily

Using four different antibiotics rather than the same antibiotic over the treatment window helps to prevent bacterial antibiotic resistance.

You will be reviewed at the clinic every three months. At each visit, a urine sample will be taken for screening, and to assess the success of your treatment.

Tips for Success

When emptying your bladder, sit on the toilet, feet flat and lean forwards.

Drink 6-8 glasses of fluid per day; limit your caffeinated drinks to 3 per day. Ensure your fibre intake is 30g per day.

Remember to continue taking your cranberry tablets (10000mg daily) throughout the 12-month treatment period. Cranberry tablets also help to repair the GAG layer, and additionally can 'calm down' any overactivity of your bladder.

Your doctor will be happy to discuss any concerns that you may have regarding this treatment