

The Manchester Regime

What is the Manchester Regime?

The Manchester Regime is a 12-month course of low dose oral antibiotics.

The theory behind this treatment is to allow the bladder to rest and recover by preventing bladder infections. This is used for recurrent urinary tract infections, chronic cystitis and in some cases interstitial cystitis.

What is involved?

Four 3-month courses of oral antibiotic medication, without a break.

We use four different antibiotics over the 12-month treatment period to reduce the risk of developing antibiotic resistance.

The antibiotics used are:

- Nitrofurantoin 50/100mg once daily
- Cephalexin 500mg once daily
- Trimethoprim 300mg once daily
- Amoxicillin + Clavulanate 500mg once daily.

Start taking Cranberry tablets (10,000mg) each day during the 12-month period. Cranberry tablets help to repair the bladder lining and calm bladder overactivity.

You will be reviewed in the Urogynaecology clinic every three months. We will collect a urine sample during these visits to send to pathology to assess the success of the medicine.

Recommendations for success

- When emptying your bladder, sit on the toilet with your feet flat on the floor, lean forward resting your arms on your thighs
- Drink 8 glasses of fluid per day. Limit your caffeine intake to no more than 3 cups per day
- Aim for a daily fibre intake of 30g per day
- Only empty your bladder when full, avoid social voiding
- Perform 40 pelvic floor or 'Kegel exercises' per day.

**If you have any questions, you can contact the
Department of Urogynaecology: (07) 4433 3706.**

FACT SHEET Urogynaecology

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