ADULT MEDICATION GUIDELINE

Methenamine Hippurate (Hexamine Hippurate)

Scope (Staff):	All WNHS Staff
Scope (Area):	Obstetrics and Gynaecology

This document should be read in conjunction with the Disclaimer.

Quick Links

Dose	Administration	Monitoring	Pregnancy and Breastfeeding

Restrictions

Formulary: Unrestricted

Medication Class

Antibacterial

Presentation

Tablet: 1 g

Storage

Store at room temperature, below 25°C

Dose

Prophylaxis of chronic or recurrent lower UTIs

Oral:

1 g every 12 hours

Administration

Avoid taking alkalising agents such as sodium bicarbonate, Ural® or Citravescent® as they make methenamine less effective.

Monitoring

Not recommended in renal impairment due to inadequate concentrations in renal tubules (also risk of hippurate crystalluria in severe impairment).

Contraindicated in severe dehydration or hepatic impairment.

Pregnancy

1st Trimester: Safe to use

2nd Trimester: Safe to use

3rd Trimester: Safe to use

Breastfeeding

Safe to use

Related Policies, Procedures & Guidelines

HDWA Policies:

WA Adult Medicines Formulary

WNHS Clinical Practice Guidelines:

Antimicrobial Stewardship

WNHS Pharmaceutical and Medicines Management Guidelines:

Medication Administration

References

Australian Medicines Handbook. Methenamine hippurate In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2025 [cited 2025 Mar 27]. Available from: https://amhonline.amh.net.au/

AusDI. Methenamine (Systemic). In: AusDI [Internet]. Telstra Health: AusDI; [cited 2025 Mar 27]. Available from: Methenamine (Systemic) - AusDI (health.wa.gov.au)

The Royal Women's Hospital. Methenamine hippurate (hexamine hippurate). In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2023 [cited 2025 Mar 27]. Available from: https://thewomenspbmg.org.au/

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NSQHS Standards Applicable:	☒ Std 1: Clinical Governance ☐ Std 2: Partnering with Consumers ☒ Std 3: Preventing and Controlling Healthcare Associated Infection ☒ Std 4: Medication Safety			☐ Std 5: Comprehensive Care ☐ Std 6: Communicating for Safety ☐ Std 7: Blood Management ☐ Std 8: Recognising and Responding to Acute Deterioration	
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