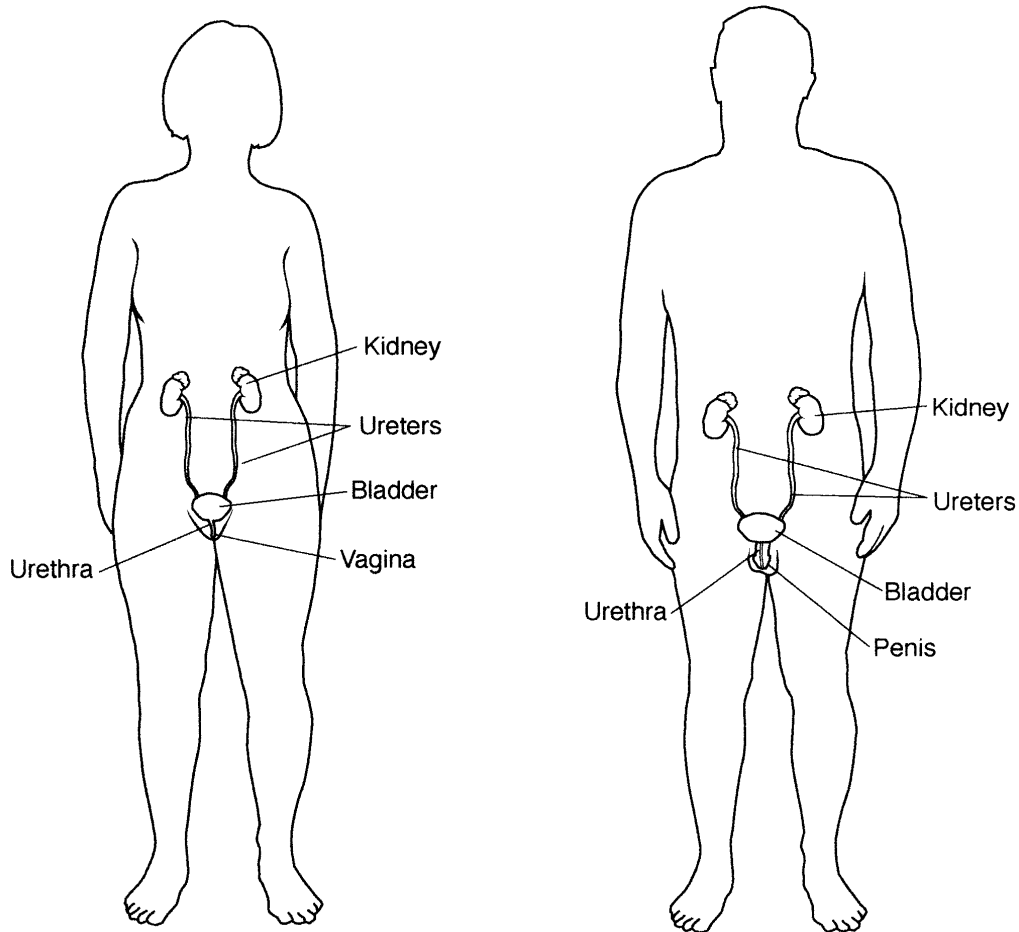


UTI (Urinary Tract Infection)

Urinary tract infection, also called UTI, is an infection of the bladder or kidneys.



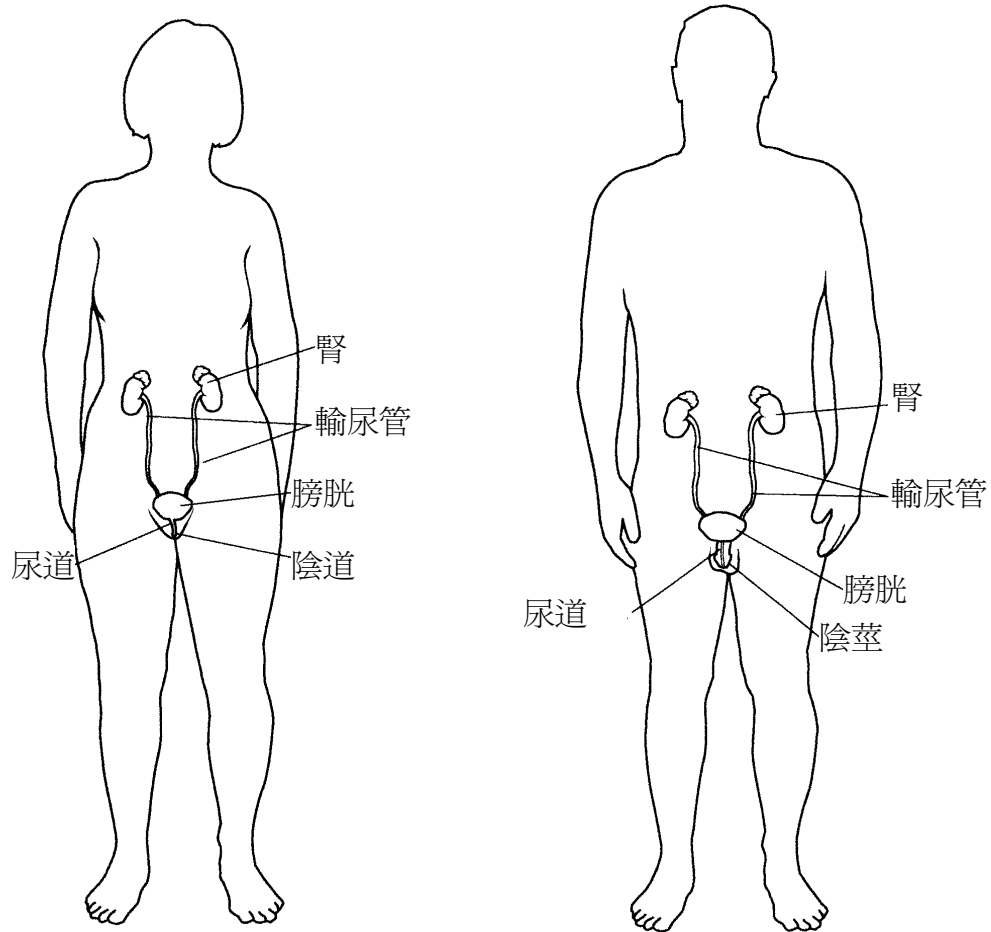
Causes

UTI may be caused by germs from:

- Urine that stays in your bladder after you urinate
- A blockage in the kidneys or kidney stones
- Irritation from tight slacks, nylon underwear or sexual intercourse
- Poor hygiene
- Tube placed to drain urine
- Stool

尿道炎(泌尿道感染)

泌尿道感染也稱為尿道炎，是膀胱或腎臟感染。



原因

尿道炎可能由細菌引起：

- 在你小便之後殘留在膀胱中的尿液
- 腎臟堵塞或腎結石
- 便褲太緊、尼龍內褲或性交引起的不適
- 衛生差
- 用於排尿的插管
- 大便

UTI (Urinary Tract Infection). Traditional Chinese.

Signs

- Burning or pain when passing urine
- Having to pass urine suddenly or often
- Urine that is bloody, cloudy, or has a strong odor
- Pain in the lower back
- Feeling tired or not feeling well

Your Care

Tell your doctor your signs. Your treatment may include:

- Drinking at least 8 glasses of water each day.
- Avoiding drinks that have caffeine, such as coffee, tea and soft drinks
- Taking antibiotics. Take all antibiotics as ordered until the bottle is empty. If you do not take all of the medicine, your infection may return or worsen.

Ways to Prevent UTI

- Keep your genital area clean.
- Take showers instead of tub baths.
- Empty your bladder every few hours even if you do not feel full.
- Women should always wipe from front to back after going to the toilet.
- Empty your bladder before and after sexual intercourse.
- Wear cotton underwear and loose pants.
- Drink 8-10 glasses of liquids a day Include liquids that are high in Vitamin C, such as orange or cranberry juice.
- Avoid alcohol and food and drinks with caffeine.

Call your doctor **right away** if you:

- Have any signs of UTI
- Have nausea or vomiting
- Have back pain
- Have problems with your medicines
- Do not improve with treatment in 48 hours or your signs are worse in 24 hours

Talk to your doctor or nurse if you have any questions or concerns.

症狀

- 排尿時有灼痛或疼痛
- 必須突然小便或經常小便
- 尿液帶血、不清或有強烈氣味
- 腰部疼痛
- 感到疲累或不舒服

你的醫療

請將你的症狀告訴你的醫生。你的治療可能包括：

- 每天至少喝 8 杯水。
- 避免含咖啡因的飲料，如咖啡、茶和軟飲料。
- 服用抗生素。服完處方購買的所有抗生藥，直到瓶空為止。如果你不服完所有藥物，你的感染可能重發或更加惡化。

避免尿道炎的方法

- 保持私部乾淨衛生。
- 沖淋浴而不用盆浴。
- 每隔幾個小時排一次尿，即使你未覺得脹滿。
- 女性如廁之後總是應該從前往後擦。
- 在性交前和性交後都排空尿液。
- 穿棉質內褲和寬松的褲子。
- 一天喝 8-10 杯液體。包括含高維生素 C 的飲料，例如橘汁或酸果蔓汁。
- 避免飲酒及含咖啡因的飲食。

如果你有下列症狀，請**立刻**打電話給你的醫生：

- 有任何尿道炎的症狀
- 有噁心或嘔吐
- 有背痛
- 服用藥物有問題
- 治療 48 小時以後仍不好轉或你的症狀在 24 小時之後更加惡化

如果您有任何疑問或關注事項，請告知您的醫生或護士。

UTI. Traditional Chinese.

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