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
尿道炎（泌尿道感染）

泌尿道感染也称为尿道炎，是膀胱或肾脏感染。

原因
尿道炎可能由细菌引起。这些细菌可能由下列造成：
• 小便之后残留在膀胱中的尿液
• 肾脏堵塞或肾结石
• 便裤太紧、尼龙内裤或性交引起的不适
• Poor hygiene
• Tube placed to drain urine
• Stool

**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.
• 卫生差
• 用于排尿的插管
• 大便

症状
• 排尿时有灼痛或疼痛
• 必须突然小便或经常小便
• 尿液带血、混雰或有强烈气味
• 腰部疼痛
• 感到疲累或不舒服

医疗护理
请将您的症状告诉医生。您的治疗可能包括:
• 每天至少喝 8 杯水。
• 避免含咖啡因的饮料，如咖啡、茶和软饮料。
• 服用抗生素。服完医生所开的所有抗生素，直到瓶空为止。如果您不服完所有药物，感染可能重发或恶化。

避免尿道炎的方法
• 保持私部干净卫生。
• 冲淋浴而不用盆浴。
• 每隔几个小时排一次尿，即使您未觉得胀满。
• 女性如厕之后总是应该从前往后擦。
• Empty your bladder before and after sexual intercourse.
• Wear cotton underwear and loose pants.
• Drink 8 to 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.
• 在性交前和性交后都排空尿液。
• 穿棉质内裤和宽松的裤子。
• 一天喝 8 - 10 杯液体。包括含高维生素 C 的饮料，例如橘汁或酸果蔓汁。
• 避免饮酒及含咖啡因的饮食。

如果您有下列症状，请立刻打电话给医生：
• 任何尿道炎的症状
• 恶心或呕吐
• 背痛
• 服用药物有问题
• 治疗 48 小时以后仍不好转或您的症状在 24 小时之后恶化

如果您有任何疑问或担心，请告知您的医生或护士。