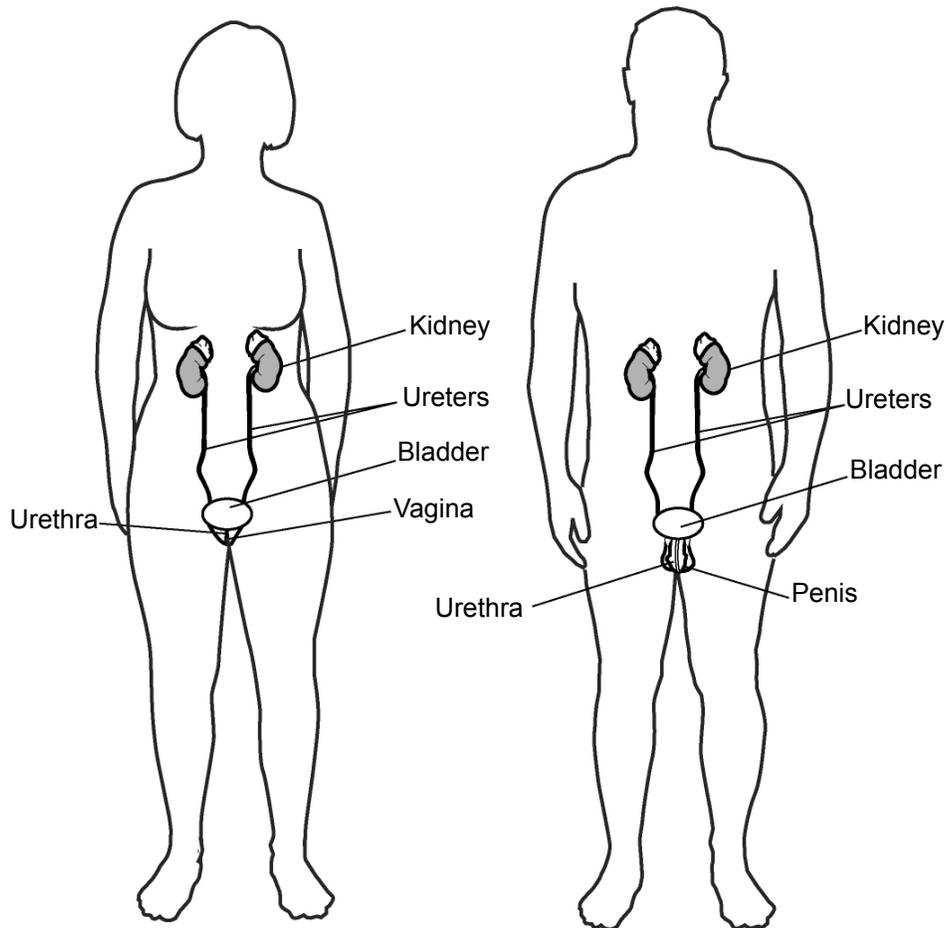


UTI (Urinary Tract Infection)

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



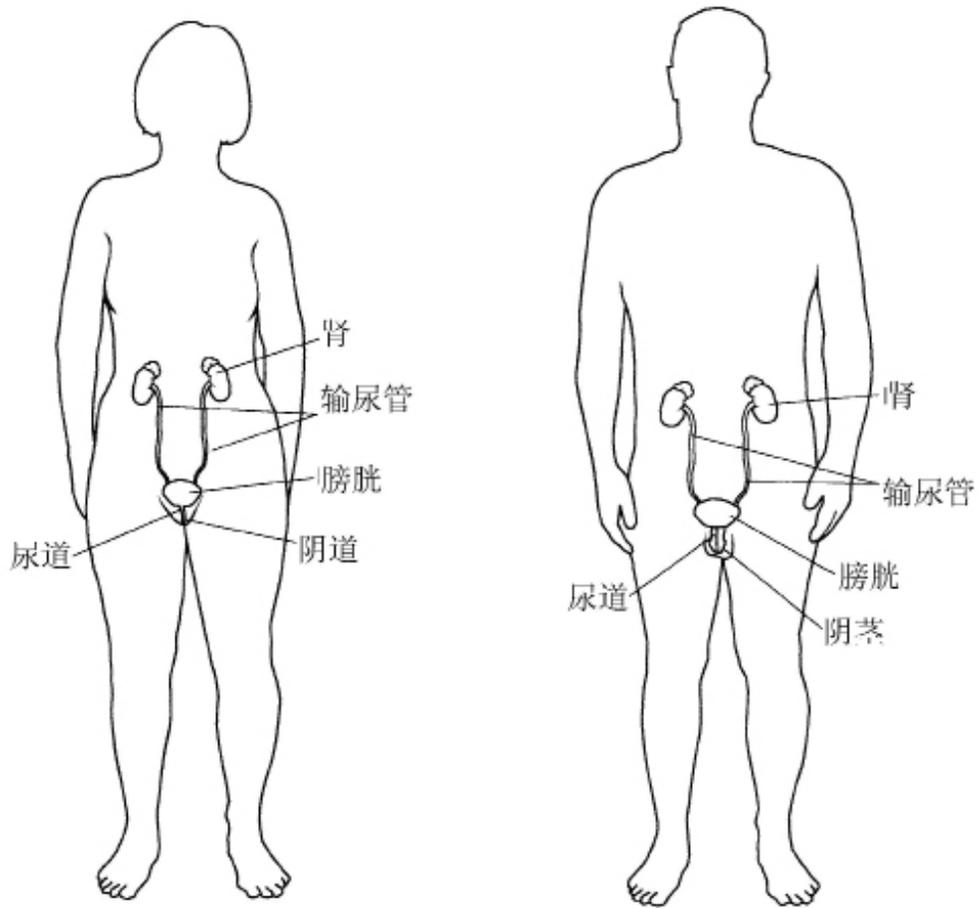
Causes

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、混浊或有强烈气味
- 腰部疼痛
- 感到疲惫或不舒服

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。

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UTI. Simplified Chinese.