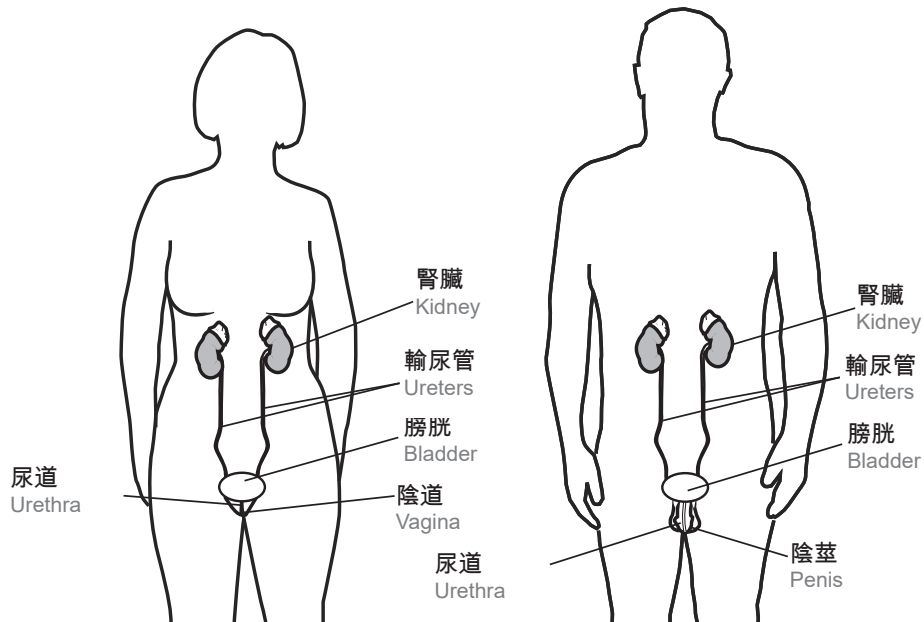


泌尿道感染 (尿道炎)

Urinary Tract Infection (UTI)

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

泌尿道感染也稱為尿道炎，是膀胱或腎臟感染。



Causes

UTI may be caused by bacteria (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
- Not keeping the genital area clean and dry
- Tube placed to drain urine (catheter)
- Bacteria from stool entering the urethra

病因

尿道炎可能由以下原因產生的細菌 (病菌) 引起：

- 在您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
- 未能保持生殖器部位的清潔和乾燥
- 用於排尿的插管(導尿管)
- 糞便中的細菌進入尿道

Signs and Symptoms

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

Your Care

If you have symptoms of a UTI, tell your health care provider. A urine test can diagnose an infection. Your treatment may include:

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

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 to 10 glasses of liquids a day.
- Avoid alcohol, and food and drinks with caffeine, as they can irritate the bladder and worsen symptoms.

體徵和症狀

- 排尿時有灼痛或疼痛
- 小便突然或頻繁
- 下腹有擠壓感
- 尿液帶血、渾濁或有強烈氣味
- 腰背疼痛
- 感到疲累或不舒服

醫療護理

如果您有尿道炎症狀，請告知醫療提供者。尿檢測試可以診斷是否感染。您的治療可能包括：

- 服用抗生素。請遵醫囑服完所有抗生素直至瓶空為止，即使覺得病情有好轉也不可停藥。如果不服完所有藥物，您的感染可能復發或惡化。
- 每日飲用至少 8 杯水。
- 避免含咖啡因的飲料，如咖啡、茶和軟飲料。

避免尿道炎的方法

- 保持生殖器部位乾淨衛生。
- 沖淋浴而不用盆浴。
- 每隔幾小時小便一次，即使您未覺得脹滿。
- 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。
- 穿棉質內褲和寬鬆的褲子。
- 每天飲用 8 至 10 杯液體。
- 避免飲酒及含咖啡因的飲食，因為它們會刺激膀胱，加重症狀。

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.

如有以下狀況，立刻聯絡醫師：

- 任何尿道炎的症狀
- 噁心或嘔吐
- 背痛
- 服用藥物有問題
- 治療 48 小時以後仍不好轉或您的症狀在 24 小時之後惡化

若您有任何疑問或擔憂，請諮詢您的醫生或護士。