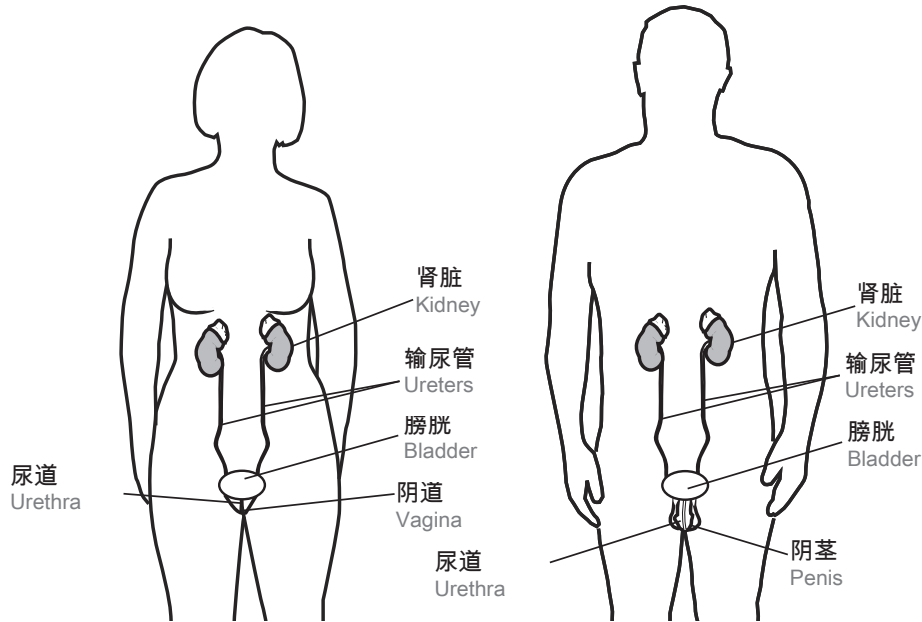


# 泌尿道感染 ( UTI)

## Urinary Tract Infection (UTI)

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

泌尿道感染，也称为 UTI，是膀胱或肾脏受到感染。



### 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

### 原因

UTI 可由以下来源的细菌引起：

- 小便后残留在膀胱中的尿液
- 肾堵塞或肾结石
- 紧身裤、尼龙内衣或性交引起的刺激
- 生殖器部位未能保持清洁干燥
- 排尿管 ( 导管 )
- 粪便中的细菌进入尿道

## 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.

## 体征和症状

- 小便时灼痛或疼痛
- 尿急尿频
- 下腹部压感
- 尿液血红、混浊或有强烈气味
- 下背部或腰侧疼痛
- 感到疲劳或不适

## 医疗护理

如果您出现 UTI 的症状，请告知医护人员。尿检可以诊断是否感染。治疗方法可能包括：

- 服用抗生素。按医嘱服用所有抗生素，直到瓶空为止，即使感觉好转也不要停止服药。如果您不服用所有药物，您的感染可能会复发或恶化。
- 每日至少饮水 8 杯。
- 避免饮用含咖啡因的饮料，例如咖啡、茶和软饮料。

## 如何防止 UTI

- 保持生殖器区域清洁。
- 淋浴而非坐浴。
- 即使您未有尿意，也应每隔几个小时排空膀胱。
- 妇女如厕后应始终从前向后擦拭生殖器。
- 性交前后排空膀胱。
- 选用纯棉内裤和宽松长裤或短裤。
- 每日饮用 8 至 10 杯液体。
- 避免饮酒，以及含咖啡因的食物和饮料，因为它们会刺激膀胱并加重症状。

## 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.

## 如果您有以下情况，请立刻致电医生：

- 出现 UTI 症状
- 恶心或呕吐
- 背痛
- 对药物存疑
- 治疗后 48 小时内没有改善，或者 24 小时内病情恶化

如果有任何疑问或担心，请咨询医生或护士。