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# Urinary tract infection



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All information above has been reviewed by Infectious Diseases specialist  
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## **I. What is urinary tract infection?**

Urinary tract infection is the infection of the urinary system, including lower urinary tract (urethra, urinary bladder or lower part of the ureter), upper urinary tract (upper part of the ureter and kidney), or both of them.

## **II. Who is prone to urinary tract infection?**

It often occurs in women, children, the elderly, bedridden patients, diabetic patients, patients with urinary tract stones or an enlarged prostate, and patients with urinary catheters. In addition, some people cannot go to the toilet at any time due to work factors, such as drivers, nurses, sales people... and so on are all high-risk groups for urinary tract infections.

## **III. What is the symptoms do urinary tract infection have?**

1. Burning sensation or pain when urinating.
2. Often want to go to the toilet, difficulty urinating, waist and abdomen, low back pain.
3. Chills and fever.
4. Odor, cloudy urine, increased urethral secretions
5. Nausea and vomiting.

## **IV. Prevention**

1. Drink plenty of water, do not drink water only when you are thirsty. If there is no contraindication, every day to drink at least 2000ml of water, and you can also drink a moderate amount of cranberry juice.
2. Do not hold back urine, go to the toilet when there is urine.
3. Eat more foods containing vitamin C, such as oranges, sweet potatoes eggplant, papaya, etc.
4. After urinating, women should wipe the toilet paper from front to back,

not back and forth wipe.

5. Keep the perineum clean.
6. Women should urinate immediately after intercourse, drink plenty of water, and during menstruation change sanitary pads frequently.
7. Take a shower and avoid soaking and bathing.
8. Do not wear synthetic fiber underwear, pantyhose, corsets, and the lower part of the body tight clothing and poor ventilation in the perineum can easily lead to bacterial growth.
9. The bedpan or bedpan chair used by bedridden patients must be kept clean at all times. Clean and place it in a location that is easily accessible by the patient at all times.

## **V. For patients using urinary catheterization:**

The catheter should be properly secured and the position of the tape changed. Avoid twisting or folding the catheter to prevent obstruction, and do not pull to prevent bleeding; urine bag joints must not be loose and should be kept tightly closed, urine bags must not touch the ground to prevent contamination, and should be kept below bladder height, and emptied when 2/3 full to prevent backflow of urine.

## **VI. Conclusions:**

Prevention is better than cure. Urinary tract infection is a very difficult disease to cure. It is very painful and unbearable when it occurs. However, as long as you usually have good living habits, such as not holding back your urine, drinking more water, cleaning the perineum, using showers instead of tub baths, going to the toilet wiping from the front (urethral opening) to the back (anal opening) to avoid bringing bacteria to the

urethral opening, eating a balanced diet to increase the body's resistance, etc., all help prevent the occurrence of urinary tract infections. Therefore, developing good living habits is the only way to prevent urinary tract infections!

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Let's take the quiz to make sure you understand

Urinary tract infections include infections of the lower urinary tract (urethra, bladder, or lower part of the ureters) and the upper urinary tract (the upper part of the ureters and kidneys), or both.

☐Yes ☐No ☐Don' t know

Urinary system infections often occur in women, children, the elderly, bedridden patients, diabetic patients, patients with urinary tract stones or prostate hypertrophy, and patients using urinary catheters.

☐Yes ☐No ☐Don' t know

When you have a urinary tract infection, you can wait until you are thirsty to drink water.

☐Yes ☐No ☐Don' t know

After a woman urinates, the toilet paper should be wiped from front to back, not back and forth.

☐Yes ☐No ☐Don' t know

To prevent urinary system infection, shower should be taken and avoid bathing and tub bathing.

☐Yes ☐No ☐Don' t know