

Taipei Tzu Chi Hospital

Urinary Tract Infection (UTI)

- What is Urinary Tract Infection (UTI)

UTI is the germ or virus inside the urinary tract cause infection; it might inside the bladder, urethra, kidney or prostate area. (Prostate gland is not belongs to Urinary tract but it would affect the urinary function), however it might not has the syndrome even infected.

- What is most common bacteria cause UTI?

1. Escherichia Coli (E. Coli)
2. Klebsiella pneumonia
3. Enterococcus

- Examination of UTI

The most basic examination for UTI is urine test, mainly to check white blood cell count, red blood cell count and occult blood response to find if there is infection or bacterial infection? Also can use urine bacterial culture to identify which bacteria caused the infection. Once the bacteria are identified then doctor may give appropriate medicine. In case of fever or chills, blood test is necessary.

- The syndromes of UTI

1. In the early stage frequent urination, acute urine, difficult to urine.
2. Fever, chills, burning feeling while urination, pain in area of kidney.
3. Some chronic UTI patients have no syndromes (such as spine injured patient), only turbid urine, or smelly urine, sever spasm, sweating, headache etc.

- Treatment for UTI

UTI mainly caused by bacteria infection, just need the proper antibiotic treatment. For women bladder infection, 5-7 days antibiotic medication, for server bladder and urethra infection 7-14 days antibiotic treatment or combine with injection treatment.

- UTI prevention

1. Maintain good personal hygiene habits:
 - (1) Wear underwear made of cotton.
 - (2) After going to the toilet, wipe it clean from front to back side.
 - (3) Use shower, prevent merge in bath tub or sauna.
2. If no other illness restriction, drink 2,000-3,000 c.c. water daily.
3. Drink water after intercourse, empty bladder.
4. Intake orange juice and other juice rich in vitamin C, acidize urine.
5. Drink raspberry juice minimize the duration time of bacteria stick on the tissue. Prevent E. coli stick on surface of urethra. It helps maintain the urethra at healthy state.