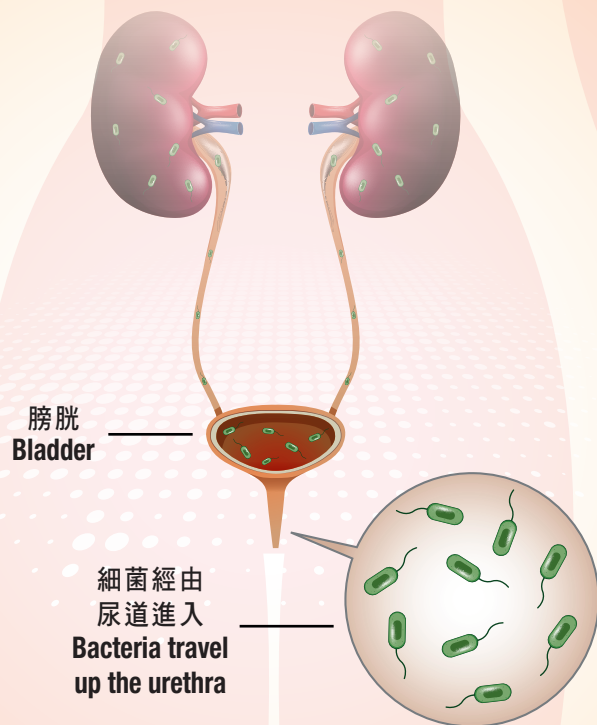


什麼是尿道炎？

尿道炎是指尿道、膀胱或腎臟等泌尿系統任何部位受到感染。大部分尿道炎由細菌（最常見為大腸桿菌）經由尿道進入並在膀胱內繁殖所引致。



What is a Urinary Tract Infection (UTI)?

UTI is an infection that can affect any part of the urinary system, including the urethra, bladder or kidneys. Most UTIs occur when bacteria — most commonly Escherichia coli (E. coli) — enter the urinary tract through the urethra and begin to multiply in the bladder.



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan
☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道99號 藍田分科診所6字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街4號1樓
1/F, 4 Tuen Lee Street, Tuen Mun
☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

Note: 1. Please visit the website of WWS for the opening hours and service charges of each WWS.
2. Women who are interested in receiving WWS's services can approach DHC/Es for enquiries.
3. Please visit the website of DHC for the addresses and telephone numbers of the DHC/Es.



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



尿道炎 URINARY TRACT INFECTION



誰較容易患上尿道炎？

- 憋尿、飲水不足、脫水、便秘
- 女性：女性尿道較短，細菌較易進入膀胱
- 年齡：長者及幼童風險較高
- 最近有性行為
- 泌尿系統結構異常（如腎結石）
- 患有糖尿病，或長期使用導尿管等

其他可能引致尿道症狀的原因

並非所有尿道症狀皆由尿道炎引起，其他常見原因包括：

- 更年期前後陰道變化
- 性交後不適
- 性傳播感染



Risk factors for UTI

- Hold urine for long time, inadequate water drinking, dehydration, constipation
- Female: Women have a shorter urethra, making it easier for bacteria to reach the bladder
- Age: Older adults and young children are at higher risk
- Recent sexual activity
- Structural abnormalities of the urinary tract, such as kidney stones
- Health conditions like diabetes or use of urinary catheters

Other causes of urinary symptoms

Not all urinary symptoms are due to UTIs. Other possible causes include:

- Vaginal changes related to perimenopause or menopause
- Discomfort after sexual intercourse
- Sexually transmitted infections (STIs)

How to prevent urinary tract infection?

1. Personal hygiene

- Always wipe from front to back after using the toilet (from the vagina to the anus)
- Change soiled incontinence pads or underwear promptly

2. Healthy habits

- Drink 6 to 8 glasses of water per day to stay well-hydrated. Urine should be pale yellow
- Do not hold urine for long period; empty your bladder regularly and completely

3. Sexual health

- Wash the external genital area with water before and after sex
- Urinate as soon as possible after sex
- Diaphragms or spermicides increase the risk of UTI. Consider alternative contraceptive methods

4. Others

- Optimise control or treatment of underlying medical conditions
- Seek prompt medical advice if you have symptoms of UTI

如何預防尿道炎？

1. 個人衛生

- 如廁後，應由前往後擦拭（由陰部往肛門方向）
- 及時更換髒了的護墊或內褲

2. 健康生活習慣

- 每天飲用 6 至 8 杯水，保持尿液呈淡黃色
- 不要長時間憋尿，應定時排清小便

3. 性健康管理

- 性交前後以清水清洗外陰
- 性交後盡快小便
- 使用子宮帽或殺精劑避孕可能增加尿道炎風險，應考慮其他避孕方法

4. 其他

- 控制或治療相關慢性疾病
- 若出現尿道炎症狀，應及早求醫

常見症狀 Common Symptoms



尿頻及尿急，但每次只排出少量尿液
A frequent, urgent need to urinate, often passing only a small amount



小便時有痛楚或灼熱感
Pain or burning sensation during urination



尿液混濁、氣味濃烈或帶血
Cloudy urine with strong smell or blood in urine



下腹不適或疼痛
Lower abdominal discomfort or pain



發燒、腰背痛、噁心（表示腎臟可能受感染）
Fever, back pain or nausea (which may indicate kidney infection)

何時應尋求醫療協助？

如有以下情況，請盡快聯絡醫護人員：

- 發燒、發冷、噁心或腰背痛
- 懷孕期間出現症狀或有慢性健康問題
- 排尿量明顯減少
- 出現意識混亂或嗜睡（特別是長者）



When to seek medical attention?

Consult your healthcare provider promptly if you experience:

- Fever, chills, nausea or back pain
- Symptoms of UTI during pregnancy or if you have underlying health conditions
- Reduced urine output
- Confusion or drowsiness, especially in older adults

本資料僅供一般參考。如有疑問，請諮詢您的醫護人員。
This information is intended as a general guide. For personalised advice, always consult your healthcare provider.