

泌尿道感染

Urinary Tract Infection



Online Version



網上版本



衛生署
Department of Health

泌尿道感染

泌尿道感染是一種常見的疾病，包括尿道炎、膀胱炎、腎炎。泌尿道感染的症狀通常很明顯，並有機會復發；如果得不到適當的治療，後果可能很嚴重。

Urinary Tract Infection

Urinary tract infection (UTI) is a common condition, which includes urethritis (infection of the urethra), cystitis (bladder infection) and pyelonephritis (kidney infection). It is characterised by obvious symptoms and possible recurrence. If not being treated properly, UTI may lead to serious consequences.

病因 Causes

大部分的感染是由大腸桿菌（一種常寄存於大腸的細菌）所引致。

Majority of infections are caused by E.coli, a type of bacteria normally living in the intestine.

症狀 Symptoms

- 👉 尿頻：次數頻密，但每次只能排出少量尿液
- 👉 小便時感到赤痛、灼熱
- 👉 尿液混濁，甚至帶血
- 👉 小腹脹痛（近恥骨位置），顯示膀胱感染
- 👉 如有發熱、腰背痛、作嘔、嘔吐，顯示腎臟可能受到感染
- 👉 Frequent urination - urinate frequently with only a small amount of urine passed each time
- 👉 Pain or burning sensation when urinating
- 👉 Urine is cloudy and may even contain blood
- 👉 Lower abdominal pain (near the pubic bone), indicating bladder infection
- 👉 Fever, lower back pain, nausea and vomiting may indicate possible kidney infection

為何女性有較高機會患上尿道炎？ Why women are more vulnerable to UTI?

女性比男性患上泌尿道感染的機會為高，主要由於生理結構有別：

Compared with men, women are more vulnerable to UTI. It is mainly due to the differences in their biological structures:

👉 尿道長度

男性的尿道長約15厘米，而女性的尿道只有5厘米，所以細菌容易直上膀胱，再逆流而上到達腎臟。

👉 性行為的刺激

陰莖的進入，不但刺激性器官，也會把外陰部的細菌送入女方的尿道。

👉 尿道的開口部位

男性尿道口開於陰莖前端，女性尿道口則開於外陰部，鄰接陰道口，也靠近肛門，又被大小陰唇包圍着。假如外陰不清潔或如廁後從肛門向前抹拭，便很容易受到外陰、陰道或者肛門內細菌侵襲而引起感染。

👉 特別容易感染的時期

懷孕期：膨脹的子宮壓着膀胱，令膀胱未能完全排清小便
更年期：抵抗力減弱

👉 Length of urethra

Men's urethra is about 15 cm long, and women's is only 5 cm. Thus, bacteria can reach the bladder more easily and then reflux towards the kidneys.

👉 Stimulation by sexual intercourse

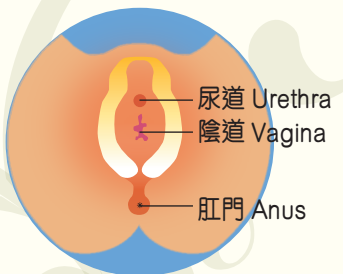
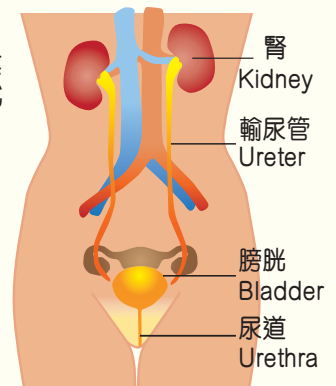
Penetration of the penis not only stimulates the genitals but also brings bacteria from the vulva into the female urethra.

👉 Opening of urethra

Men's urethral opening locates at the tip of the penis, and women's is at the vulva adjoining the vaginal opening and is also close to the anus and enclosed by the labia majora and minora. If the vulva is unclean or if wiping is made from the anus to the vulva (back to front) after using the toilet, the urethra is susceptible to infection by bacteria at the vulva, vagina or anus.

👉 Periods prone to infection

Pregnancy: the uterus enlarges and presses the bladder, making the latter unable to empty completely
Menopause: weakening of immunity



治療方法 Treatment

- 👉 患者應按醫生指示完成整個療程的抗生素，不應中途停藥；否則細菌可能產生抗藥性，患者便需要較長時間服用較強勁的抗生素才能把細菌徹底消滅。
- 👉 患者應飲用大量開水，因為充足的尿量有助將細菌從尿道沖洗出體外。
- 👉 如患有糖尿病或尿道結石，應接受適當的治療，才能預防泌尿道感染。
- 👉 Patients should complete the whole course of antibiotics according to doctor's prescription without any interim breaks, otherwise bacteria may develop resistance and it requires stronger antibiotics and longer time to completely eliminate the bacteria.
- 👉 Patients should drink plenty of water since sufficient amount of urine helps rinse out bacteria in the urethra.
- 👉 Patients suffering from diabetes and urethral calculus (urethral stone) should receive proper treatment to avoid the onset of UTI.

預防方法 Prevention

- 👉 保持個人衛生
- 👉 如廁後應從外陰由前往後至肛門抹拭
- 👉 要注意房事衛生，及後要排清小便
- 👉 避免使用含香料成分的肥皂、視液、陰道灌洗液
- 👉 避免穿着太緊身或不透氣的褲（包括內褲）
- 👉 多喝清水
- 👉 避免習慣忍尿
- 👉 提高警覺，及早發現和醫治
- 👉 Maintain personal hygiene
- 👉 After using the toilet, wipe from the vulva to the anus (front to back)
- 👉 Maintain sex hygiene, and empty your bladder after having sex
- 👉 Avoid soap, liquid soap, vaginal douche, which contain fragrance
- 👉 Avoid wearing overly-tight or air-impermeable trousers, including panties
- 👉 Drink plenty of water
- 👉 Avoid the habit of withholding urine
- 👉 Stay alert for early detection and treatment



網頁 Website: www.fhs.gov.hk
24小時資訊熱線: **2112 9900**
24hours Information Hotline: **2112 9900**