



Nursing Care for Urinary Tract Infection

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I. Urinary tract infection(UTI)

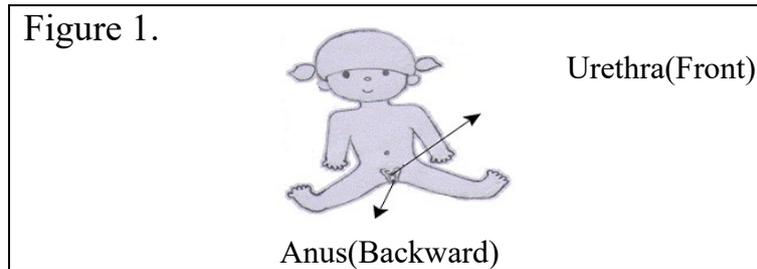
The urinary tract infection (UTI) occurs when bacteria, viruses, or fungi enter and infect any part of the urinary system, which includes kidneys, ureters, bladder and urethra. UTI is the second most commonly infectious disease from Infancy (0-3 Years Old) to Preschool (3-6 Years Old). The most common cause of UTI is Escherichia coli which accounts for 80-90% of all pathogenic bacteria, it will cause acute pyelonephritis (kidney inflammation) when the kidneys is affected. Duration and method of treatment for UTI depend on the severity of infection and affected area. The UTI treatment and course duration depend on the extent of infection. However, regular follow-up and best home care are necessity.

Congenital anomalies of the urinary system in some children, such as ureteropelvic junction (UPJ) stenosis, vesicoureteral junction (UVJ) stenosis, vesicoureteral reflux, etc., if not properly diagnosed and treated, not only are they prone to repeated infections, but also cause kidney damage.

II. Home care for UTI

- i. Build a good personal hygiene habit of wash your hands with soap or hand-cleanser before touching your baby or changing the diapers, or before and after sing the restroom.
- ii. Choose the breathable and well-sized diaper for your baby. Moreover, avoid over-tightening (One to two fingers wide).
- iii. Keep the genital area clean and dry: Child should be wearing cotton underwear and infant should be change diaper frequently.
- iv. Encourage your child to drink more water, try to pee more often than hold it.
- v. For older children, try to teach and remind them about the importance of regular urination.
- vi. Ingest more fruits or juices rich in vitamin C (such as citrus fruits, guava, lemon, kiwi, cranberry juice, blueberries) and taking probiotics can promote acidification of urine, which can be effective in preventing UTI.
- vii. Constipation will increase the risk of UTI. Thus, a constipated child should be treated intensively.
- viii. After pooping, gently clean your buttocks with water or wet wipes moving from front to back (from urethra to anus), especially the area underneath the scrotum or area between labia majora and minora (Figure 1.)

Figure 1.



- ix. Opting for a shower instead of a bath is good, especially for women, and avoid over soaking your baby during the bath.
- x. Since pathogens or dirt easily hide on the foreskin or area between labia majora and minora, clean those areas thoroughly while bathe daily are recommended.
- xi. Doctors will arrange examinations depend on child's condition, such as kidney ultrasound, renal nuclear medical scan, voiding cystourethrography, etc.
- xii. Please taking medicine on time and regular follow-up as doctor's order. Do not stop your medicine on your own even if symptom relief.
- xiii. Getting medical help immediately if urine looks cloudy, foul-smelling, hematuria or having a fever.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 624. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God Bless You