



## The Patient Instruction for Home Care of Urinary Tract Infection (UTI)

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### 1. What is UTI?

The urinary tract infection is induced by bacteria in urinary tract.

### 2. Predisposing factors:

Diabetes Mellitus, urinary tract obstruction (ex stone), suppress the urine, pregnancy, elder woman, poor hygiene, neurogenic bladder (dystonic bladder), long-term urinary catheter insertion, immune system diseases, congenital disease.

### 3. Symptoms:

Fever, chillness, urinary frequency, lower abdominal pain, flank pain, hematuria, urgency, dysuria burning sensation, nocturia.

### 4. Knowledge in daily activity

(1) Avoid to suppress urination.

(2) Drink as much water (2000~3000 cc) as you can (if no cardiovascular disease or edema), to increase the urine amount and lower the bacteria in urine.

(3) Eat cranberry, plum, raisin, etc.

(4) Avoid to take a bath in a tub and encourage to take a shower.

(5) Avoid public baths with poor hygiene.

(6) Notice the hygienic custom, the female patient should go to toilet after sexual intercourse and avoid vagina syringe; Use the toilet paper to clean perineum from vagina to anus after stool passage; The male patient should pay attention to clean the urinary meatus and penis after voiding.

(7) Choose loose and cotton material underpants to wear and avoid tighter and chemical synthesis underpants and pantyhose.

5. Please follow up your condition at out-patient clinic as doctor's order or go to urologic clinic for further evaluation and treatment.

6. We are glad to help you with any problems and you can call up our medical staffs in anytime.

The consultation telephone number: Taipei (02)25433535- 3126; Tamsui (02)28094661 - 2662.

### **Mackay Memorial Hospital Emergency Department**

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### **Urinary Tract Infection - Nursing Information and Self-Care**

Signature:

Relation to patient:

Date: