



## 急性膀胱炎 (女性) Acute Cystitis (Women)

甚麼是膀胱炎？

**What is urinary bladder infection (cystitis)?**

膀胱炎是由細菌引起的一種泌尿道感染，大部分由大腸桿菌（一種常寄存於大腸的細菌）所引致。假如外陰不清潔或如廁後從肛門向前抹拭，尿道和膀胱便很容易受到外陰、陰道或者肛門內的細菌侵襲進入，引起感染。膀胱炎在生育期的健康女性是很常見的，如飲水不足或忍尿太久；性事頻密或懷孕期間，特別容易患上膀胱炎。

Cystitis is a kind of urinary tract infection caused by bacteria, majority is *E. coli* (a type of bacteria normally living in the intestine). 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 and urinary bladder is susceptible to infection by bacteria at the vulva, vagina or anus and then get into your bladder. Cystitis is common in healthy women of reproductive age. Women are more prone to have cystitis if they do not drink enough water or hold the urine for a long time, have sex often or during pregnancy.

急性膀胱炎有甚麼病徵？

**What are the symptoms of acute cystitis?**

你可能於小便時感到赤痛、灼熱；小便次數頻密，但每次只能排出小量尿液；小腹脹痛（近恆骨位置）；尿液混濁，甚至帶血。

You may feel pain or burning sensation when urinating, urinate frequently with only a small amount of urine passed each time, lower abdominal pain (near the pubic bone), urine is cloudy and may even have blood.

如何診斷膀胱炎？

**How is it diagnosed?**

你的家庭醫生會根據你的病歷史和身體檢查作出診斷並查看你病情的嚴重性。有時，醫生可能會收集你的小便樣本作進一步檢驗，如試紙測試或尿液培養。

Your family doctor will base on your medical history and physical examination to make the diagnosis and determine your disease severity. Sometimes, your doctor may need to collect your urine sample for further testing such as dipstick or culture.

我需要抗生素嗎？

**Do I need antibiotics?**

若你患上細菌性膀胱炎，很多時需要接受抗生素治療。你應遵從家庭醫生指示完成整個療程。

除此之外，多喝飲料亦有助將細菌排出體外，有助舒緩症狀。

If you are suffering from bacterial cystitis, antibiotic treatment would often be needed. You should finish the course as instructed by your family doctor. Besides, drinking plenty of fluids may also help to rinse out bacteria and to relieve symptoms.

我何時需要求診？

**When should I call my doctor?**

大多數患者在接受抗生素治療的兩至三天內會有好轉，如病徵沒有改善或病情轉差（例如：發燒、腰背痛、噁心、嘔吐，顯示腎臟可能受到感染），或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Most patient begins feeling better within 2-3 days after starting an antibiotic. Call your doctor if your symptoms don't start to improve or get worse (e.g. fever, loin pain, nausea and vomiting may indicate possible kidney infection), or you are worried about your illness.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。  
This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.  
Always consult your family doctor for more information.