

UTI

और इसकी पुनरावृत्ति की रोकथाम

👍 ऐसा करें



खूब पानी पियें (प्रति दिन 6-8 गिलास)



नियमित रूप से पेशाब करें (हर 3-4 घंटे में)



पेशाब करने के बाद अपने गुप्तांगों को आगे से पीछे तक पोंछ लें



पेशाब में दर्द या जलन होने की स्थिति में अपने चिकित्सक से परामर्श लें



यदि आप मधुमेह रोगी हैं, तो अपने रक्त शर्करा के स्तर की जाँच करें



यदि आप बेहतर महसूस करने लगे तो भी एंटीबायोटिक दवाओं का पूरा कोर्स लें

👎 ऐसा न करें



अपने पेशाब को लंबे समय तक रोककर न रखें



शराब या बहुत अधिक कैफीनयुक्त पेय का सेवन न करें



डॉक्टर की सलाह के बिना एंटीबायोटिक्स शुरू या बंद न करें



तंग कपड़े या तंग अंडरगारमेंट्स न पहनें



डायाफ्राम जैसी कष्टप्रद जन्म नियंत्रण विधियों का उपयोग न करें



जननांग क्षेत्र के आसपास सुगंधित उत्पादों का उपयोग न करें

Sources: 1. 9 Ways to Reduce Your Risk of a UTI. Available at: <https://www.healthline.com/health/how-to-prevent-uti>. Accessed on 16/08/2023. 2. Urinary Tract Infections. Available at: <https://my.clevelandclinic.org/health/diseases/9135-urinary-tract-infections>. Accessed on 16/08/2023. 3. Urinary tract infection (UTI). Available at: <https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc-20353447>. Accessed on 16/08/2023. 4. Why Taking Antibiotics Without a Prescription Is So Dangerous. Available at: <https://www.healthline.com/health-news/why-taking-an-antibiotic-without-a-prescription-is-so-dangerous>. Accessed on 16/08/2023.

The content is not intended nor recommended as a substitute for medical advice, diagnosis and treatment. Always seek the advice of your physician or other qualified healthcare professional regarding any medical questions or condition.

PREVENTION OF **UTI** AND ITS RECURRENCE

Dos



Drink plenty of water
(6-8 glasses per day)



Pass urine regularly
(every 3-4 hours)



Wipe your genitals
from front to back
after urinating



Consult your doctor in
case of having painful
or burning micturition



If you are diabetic,
check your blood
sugar level



Take full course of
antibiotics even if you
start feeling better

Don'ts



Don't hold in your urine
for long periods



Don't consume
alcohol or too much
caffeinated drinks



Don't start or stop
antibiotics without
consulting doctor



Don't wear tight clothes
or undergarments



Don't use irritating
birth control methods,
such as diaphragms



Don't use scented
products around the
genital area

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