

## Mucus in Urine

**M**ucus is a viscous colloid, yellow in color, which occurs in various organs of the body, including the lungs and the large intestine. The mucous membrane is responsible for mucous production. The mucus safeguards the inner wall of the intestinal tract and lubricates the passage of stool for easy removal. Normally urine is a clear fluid, however the existence of mucus in urine can make it cloudy.

### Causes

**Urinary Tract Infection (UTI):** A bacterial infection including the urinary system can cause mucus in urine. The kidneys, bladder, urethra, and the ureters are the components of a urinary system.

Although any organ can get affected, usually the bacteria invades the bladder first and then slowly spread to the other parts of the urinary system. Discomfort while urinating is the most common symptom of UTI.

**Sexually Transmitted Disease (STD):** This is an infection caused by the bacteria gonorrhea or chlamydia, where mucus discharge in urine from urethra (a tube like passage that provides a way for the urine to move out of the body) is identified. As a result, the urine appears yellow and is not at all clear.

Fiber is not causing this condition, you need to eliminate one food item at a time from your diet and check if that food item was responsible for the exact same. By doing this, you will be able to zero in on the foods that cause for this condition to occur and handle them.

### What You can Do

Constipation is not good. Treat your system like a tankard; drain plenty of fluids. High-fiber foods are a great help, too, in order to avoid the dreaded bloating.

- Take your own time to chew your food.
- Don't swallow it.
- Whenever you gulp a morsel, think of the harm you are doing to your digestive system and to your appearance.
- Thinking of the latter works much better for the bulk.
- **Urachal Cancer:** Urachal cancer, also referred to as bladder cancer, involves unrestricted development of abnormal cells in the bladder.
- This deadly growth, noticed in the urinary bladder, is a rare form of cancer that can also trigger abnormal urine output.
- Urine samples of people diagnosed with urachal cancer have been tested.
- The test detected presence of mucus, and for this reason today doctors regard occasional mucus in urine as a symptom of urachal cancer.



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**How To Eat Well And Avoid IBS** If you have ever suffered from irritable bowel syndrome you will know that it is no joking matter. You can go from sensation fine to being in agony in no time at all. In truth any type of stomach ache is something you would rather prevent. If you...

### Probable Causes

#### Irritable Bowel Syndrome



IbsIrritable Bowel Syndrome

### The Major Cause of a Swollen Stomach is Irritable Bowel Syndrome (IBS)

It is one of the most common food poisonings. It includes an abnormal condition of gut contractions. The particular symptoms are abdominal pain, mucus in stools, bloating, and irregular bowel habits with alternating diarrhea and constipation. **IBS** is surely uneasy and disturbing but it does not lead to any further medical problems.

### Some Remedies

You feel that the cause for stomach swelling in your case is IBS, then you can bring about particular changes in your diet to get relief. First of all, increase the intake of fiber in your diet. Fiber is present in abundance in fruits and vegetables. Make sure that you have at least 3 servings of fruits and vegetables daily. This will prove to be of great assistance in curing IBS at home.

### Contributing Aspects

Irritable Bowel Syndrome.

The exact cause of IBS is not known, but it is believed that in case of individuals affected by this digestive condition, the nerves in the intestine might be too sensitive. Affected individuals experience symptoms such as stomach cramping, bloating, modification in bowel habits, etc. Some individuals might experience constipation, while others may get affected by diarrhea. At times, the affected person might often experience diarrhea, and constipation at other times. The symptoms might appear right after meals. Other symptoms of IBS include the feeling of incomplete evacuation of the bowel and the presence of whitish mucus in the stool.

### Constipation

Constipation is described as either an acute or chronic condition in which defecation occur less often than typical. It may or may not consist of hard, dry stools that trigger pain while losing consciousness. This causes the stomach to swell. Although constipation is not a serious medical condition, it may lead to serious complications, such as bowel obstruction, chronic constipation, hemorrhoids, hernia, laxative dependency, etc.

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