



UW Medicine

## 便秘

其原因及提示

### 便秘的原因

- 饮食的改变或进餐时间的改变
- 某些处方的止痛药如含阿片类的药物
- 减少了运动量
- 剖腹产和其他类型的手术

### 缓解便秘的提示

- **增加饮用的液体量。** 每天喝 **6 到 8 杯水**、外加随餐喝的汤类。

您喝水不足的迹象是：

- 您的排尿量少于正常水平
- 您的尿液是深色的
- 站起来时会感到头晕



吃高纤维食物来缓解便秘

- **吃高纤维食物。** 纤维的最佳来源之一是早餐谷物、每份食物含 **5 克** 或更多克纤维。阅读包装盒上的营养成分标签以找到纤维含量。  
其他高纤维食品包括无盐的花生、全麦面包、萝卜、白色或红色西柚、哈密瓜、煮熟的胡萝卜、梅子、青豆、烤豆、芸豆和豌豆。
- **尽可能地每天在同一时间进餐。** 每天早上固定时间吃早餐、有助于按时排便。
- **如允许您喝咖啡、早餐时要多喝些咖啡。** 咖啡有助于肠胃蠕动。无咖啡因的咖啡也有效。
- **早餐时喝冷或温西梅汁**
- **早餐后散步或做其他轻运动、**以增加食物在体内的排动。
- **大多数人在饭后约 20 分钟就有便意。** 如您有了便意、请即刻如厕而不要等待。我们的身体会吸收肠液。因此如果您等待了便秘可能会更严重。



每天在同一时间进餐有助于缓解便秘。

- 不要只是坐在马桶上阅读。长时间坐在马桶上会导致肿胀或痔疮。等到您有便意了然后再坐在马桶上。

## 泻剂

手术后、有时需要泻药来帮助肠道蠕动。您的医生可能建议使用某种泻药、或者您可以在任何药房在柜台购买（无需处方）。

- 番泻叶片剂 (**Senna tablets**)：通常服用一夜之后就生效。
- 镁奶液 (**Milk of Magnesia liquid**) (氢氧化镁 *magnesium hydroxide*)：服用一夜之后就生效
- **Miralax 或 GaviLax** (聚乙二醇)：服用 1-3 天内生效。
- 比沙可啶直肠塞剂 (**Bisacodyl rectal suppositories**)：使用后约 20 分钟生效
- 灌肠药 (**Fleets enema**)：在大约 15 分钟内起作用。

## 如有下列情况请与医生联系

- 剖腹产后尝试了上述方法但 3 天后仍然没有帮助您排便。
- 恶心、呕吐。

**现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。**

## 您有疑问吗？

我们很重视您的提问。如您对便秘有疑问、请在上班时致电您的医疗提供者。

## Constipation

### *Causes and tips*

#### Causes of Constipation

- A change in the foods you eat or changes in when you eat
- Some prescription pain medicines such as opioids
- Not being as physically active as usual
- Cesarean birth and other types of surgery

#### Tips to Ease Constipation

- **Increase the amount of fluid** you drink. Drink 6 to 8 glasses of water a day, plus the liquids you drink with your meals.

Signs that you are not drinking enough are:

- You are urinating less than normal.
- Your urine is dark-colored.
- You feel dizzy when you stand up.

- **Eat high-fiber foods.** One of the best sources of fiber is breakfast cereal with 5 or more grams of fiber per serving. Read the Nutrition Facts label on the box to find the fiber content.

Other high-fiber foods are dry and unsalted peanuts, whole wheat bread, parsnips, white or red grapefruit, cantaloupe, cooked carrots, prunes, green peas, baked beans, kidney beans, and split peas.



*Eat high-fiber foods to help ease constipation.*

- **Try to have meals at the same time each day.** It helps to eat breakfast at the same time every day. This helps get your bowels on a regular schedule.



To help lessen constipation, try to eat breakfast at the same time every day.

- **If you are allowed to drink coffee, have some with your breakfast.** Coffee helps your bowels move. Decaf works, too.
- **Drink cold or warm prune juice** with breakfast.
- **Walk or do other light exercise after breakfast** to increase the movement of food through your body.
- **Most people feel the urge to have a bowel movement about 20 minutes after a meal.** If you feel the urge, try to go right away instead of waiting. The body absorbs fluid from the bowel. This means constipation may be worse if you wait.
- **Do not just sit on the toilet and read a book.** Sitting on the toilet for a long time can cause painful swelling or hemorrhoids. Wait until you feel the urge to have a bowel movement, and then go and sit on the toilet.

## Laxatives

After an operation, a laxative is sometimes needed to help get bowels moving. Your doctor may suggest a laxative or you can buy one over the counter (without a prescription) at any drugstore.

- **Senna tablets:** Usually work overnight.
- **Milk of Magnesia liquid** (*magnesium hydroxide*): Works overnight.
- **Miralax or GaviLax** (*polyethylene glycol*): Works in 1 to 3 days.
- **Bisacodyl rectal suppositories:** Work in about 20 minutes.
- **Fleets enema:** Works in about 15 minutes.

## Call Your Healthcare Provider If You:

- Had a Cesarean birth and trying these tips for 3 days has not helped you have a bowel movement.
- Are sick to your stomach and throwing up.

### Questions?

Your questions are important. If you have questions about constipation, call your healthcare provider during office hours.

**Now, please go back to the Table of Contents of this workbook and check the box so your nurses will know you have read this chapter.**