



佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

敬祝您

身體健康 平安吉祥

Wish you
Healthy & Peaceful

佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital :

花蓮慈濟醫院 Hualien Tzu Chi Hospital:(03)8562016

玉里慈濟醫院 Yuli Tzu Chi Hospital:(03)8882718-9

關山慈濟醫院 Kuanshan Tzu Chi Hospital:(08)9814800 Ext128

台北慈濟醫院 Taipei Tzu Chi Hospital:(02)66289779-2236

台中慈濟醫院 Taichung Tzu Chi Hospital:(04)36068278

大林慈濟醫院 Dalin Tzu Chi Hospital:(05)2648333

大林慈濟醫院附設斗六門診部

Douliou Outpatient Department of Dalin TZU Chi Hospital:
(05)5372000-127

網址 : Web site: <http://www.tzuchi.com.tw>

大林慈院 101.01 製訂

E8R2876775-01

肚子痛，
該怎麼辦？



What should
I do for
abdominal
pain?

中英文





目錄 catalogue

What is abdominal pain? ----- P 2

How to identify the location
of abdominal pain? ----- P 4

The character of abdominal
pain and possible causes ----- P 8

How to take care of yourself? .. P 12

When should I visit a
physician? ----- P 16

Precautions ----- P 18

什麼是腹痛？ ----- P 3

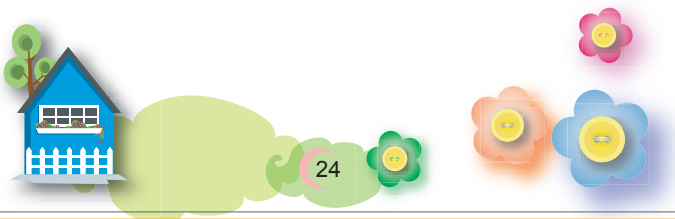
如何辨別腹痛的位置？ ----- P 5

腹痛的性質與可能的原因 ----- P 9

該如何照顧自己？ ----- P 13

何時需要找醫生？ ----- P 17

注意事項 ----- P 19



What is abdominal pain?

The abdomen is the area between the pelvis and the chest. The pathology of abdominal organs, tissues, or muscles of the abdominal wall may cause abdominal pain. Therefore, if the patient can describe the location, intensity, character, and duration of abdominal pain in detail, it'll greatly help the physician to make a precise diagnosis.



2

什麼是腹痛？

腹部是指身體骨盆以上與胸部以下的範圍，當腹部內的器官、組織或者腹壁的肌肉出了問題就可能引起腹痛。因此，如果病人自己能夠詳細說明腹痛的位置、疼痛的程度、性質以及時間的長短，對醫師的診斷會有很大的幫助。

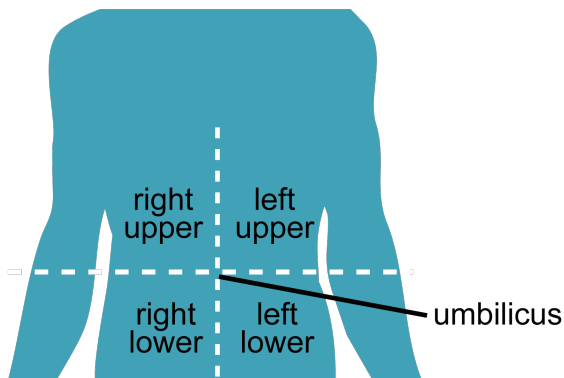


3

How to identify the location of abdominal pain?

There are two common ways to describe the location of abdominal pain.

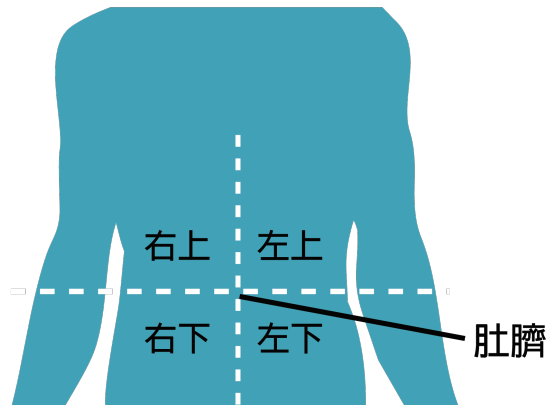
- The one is to use the umbilicus as the center point, draw a cross and divide the abdomen into four quadrants: left upper, left lower, right upper, and right lower abdomen.



如何辨別腹痛的位置？

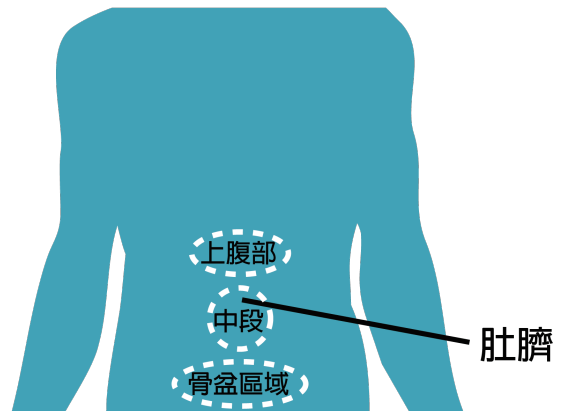
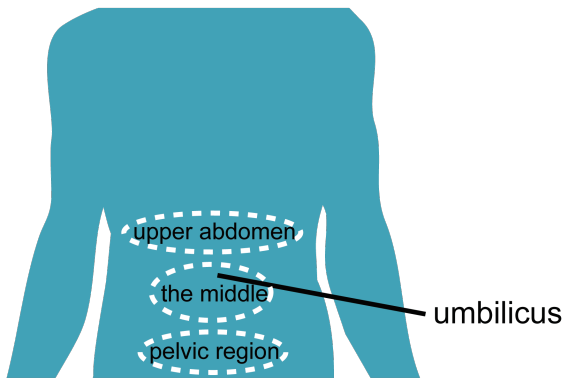
說明腹痛位置有兩種常見的方法：

- 第一：以肚臍眼為中心點，劃一個十字，把腹部分成四個區，分為左上腹、左下腹、右上腹、右下腹。



The other is to use the umbilicus to divided as the upper section, the abdomen and the lower section, pelvic region.

第二：以肚臍為中段，上段為上腹部，下段則稱為骨盆區域。



4. Heartburn sensation: The pain with a burning sensation, and is often related to a peptic ulcer or it's sign.

5. The faint pain: The severity of pain is mild.

6. Dull pain: The discomfortable tightness of the abdomen.

7. Intermittent pain: Waves of pain that may be related to the calculus.

In addition, abdominal pain may be associated with diet, for example, excessive hunger which causes epigastric pain can cause by the peptic ulcer or its sign.

The right upper quadrant pain triggered by greasy food may be due to the stone or inflammation of the gall bladder or biliary tract.

6、悶痛：好像肚子內有緊繃的不舒服。

7、間歇性的疼痛：一陣陣痛，可能與結石有關。

另外，腹痛也可能與飲食有關，例如：饑餓過度會引起上腹部疼痛的多為消化性潰瘍或前兆。吃油膩性食物後，引起右季肋部的疼痛，可能是膽囊或膽道有結石或發炎。

How to take care of yourself?

Most abdominal pain can be relieved by simple self-care. For simple abdominal pain, you can try the following methods.

1. Rest more.
2. Drink adequate water and electrolytes. You can mix sports drinks with warm water in 1:1 or 1:2 ratio. Drink smaller amounts slowly and more frequently to avoid dehydration or electrolyte imbalance.
3. Avoid coffee and alcoholic beverages.



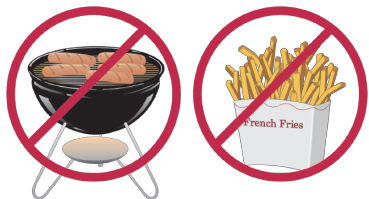
該如何照顧自己？

大部份腹痛可經由簡單自我照護使症狀緩解，針對單純性的腹痛，可以嘗試下列方法：

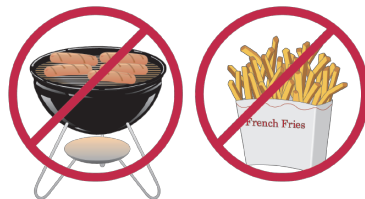
- 1、多休息。
- 2、補充足夠的水份及電解質，如：運動飲料與溫開水以1:1或1:2方式混合，採少量多次小口的方式飲用，以避免身體脫水或電解質不平衡。
- 3、避免咖啡、含酒精類的飲料。



4. Avoid salty, spicy, barbecued, or fried food.



4、避免太鹹、太辣、燒烤類、油炸類的食物。



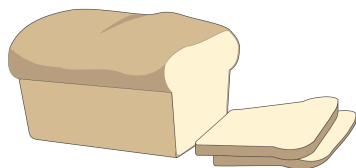
5. Have balanced diet, and eat more fresh vegetables and fruits.



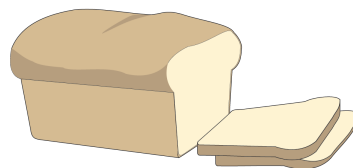
5、平時飲食宜採新鮮均衡的飲食，多攝取蔬菜、水果。



6. Have small and frequent meals when you have abdominal pain, and choose soft and digestible foods, such as congee and toast.



6、腹痛的期間最好少量多餐，並選擇柔軟易消化的食物，如：白稀飯及白吐司等。



When should I visit a physician?

1. Persistent and severe abdominal pain.
2. Abdominal pain associated with a high fever or severe diarrhea or vomiting.
3. The colicky pain that persists for more than 24 hours, or doesn't improve after self-care.
4. Passing tarry stool or hematemesis (vomiting blood).
5. Any pain that persists for more than 72 hours.
6. The pain aggravated by coughing or moving.

何時需要找醫生？

- 1、持續性嚴重的腹痛。
- 2、腹痛合併有高燒或嚴重腹瀉、嘔吐者。
- 3、腹部絞痛持續超過24小時，經過自我照護仍未改善。
- 4、解黑色大便或吐血。
- 5、任何疼痛超過72小時。
- 6、咳嗽或移動身體時，會加重疼痛程度。

- Note the change of radiation pain, or the nature of the abdominal pain.

Memorandum

