



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 100.11制定

E8R2876809-01

便秘的 預防與處理

The Prevention and treatment of constipation

中英文



目錄 catalogue

Normal frequency of defecation----	P 2
What is constipation?-----	P 4
Factors causing constipation -----	P 6
Common symptoms-----	P 10
Constipation prevention-----	P 12
Treatment for no bowel movement for three days -----	P 18
正常的排便次數 -----	P 3
什麼是便秘? -----	P 5
引起便秘的原因 -----	P 7
常見的症狀 -----	P 11
預防便秘的方法 -----	P 13
超過三天未解便的處理-----	P 19





Normal frequency of defecation

The normal frequency of defecation for most people can range from three times daily to once every three days. However, some people defecate as infrequently as once a week or longer without defecation.



正常的排便次數

大部分的人一天排便3次至3天排便一次都可說是正常。但也有一些人一週或更久排便一次也不會有任何不舒適之感覺。





What is constipation?

Constipation is a symptom . when the frequency of defecation is reduce, the volume and weight of stool decrease, requiring straining when defecation, or needing enema or laxatives for the sensation of incomplete evacuation, it means you have constipation.



什麼是便秘

便秘是一種症狀，當身體排便次數減少，糞便容量及重量減少，排便時須要很用力，或是解便後有未排空的感覺，必須藉由灌腸或瀉藥來幫忙排便等。





Factors causing constipation

1. Life styles

- No regular bowel habit.
- Inadequate daily water intake and lack of exercise.
- Inappropriate dietary habits, such as lack of fiber intake.
- Habit use of laxatives.

2. Psychological factors

- Changes of environment.
- Life stress.
- Anxiety.
- Do not exert pressure during defecation for fear of pain from hemorrhoids or surgical wound.



引起便秘的原因

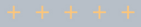
1.生活習慣

- 沒有培養規則的排便習慣。
- 每日飲水量不足、缺乏運動。
- 不適當的飲食，如缺乏攝取纖維性食物。
- 習慣使用輕瀉劑。

2.心理因素

- 環境改變。
- 生活壓力。
- 情緒緊張。
- 怕痛不敢用力解便，如痔瘡、手術等。



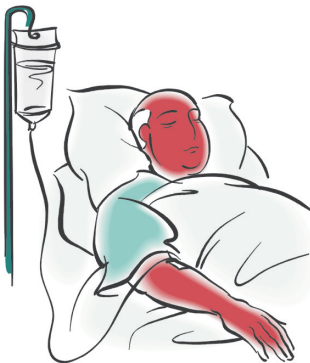


3. Medications

- Long-term use of antacids
- Non-steroidal anti-inflammatory drugs and antidepressants

4. Diseases

- bowel diseases, cancer, spinal cord injury, thyroid disorder, stroke, Long-term bedridden bed rest and immobilization, Hemorrhoids and anal fissures

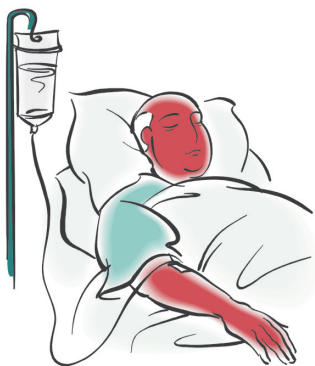


3. 藥物：

- 長期服用制酸藥物。
- 非類固醇消炎藥或抗憂鬱藥。

4. 疾病：

- 腸道疾病、腫瘤、脊髓損傷、甲狀腺機能異常、中風、長期臥床不動、痔瘡、肛裂等。





Common symptoms

Nausea, vomiting, abdominal distension, abdominal pain, sensation of incomplete evacuation or seepage, and cannot eat anything if severe.



常見的症狀

噁心、嘔吐、腹脹、腹痛、解便不完全的感覺或滲便的情形，嚴重時無法吃下東西。





Constipation prevention

1. Record the frequency, color, volume, characteristics, and time of defecation daily.
2. Drink warm water on an empty stomach after waking up to promote peristalsis. And taking the umbilicus as the center massage the abdomen clockwise for 10-15 minutes before defecation to increase peristalsis and facilitate.
3. When having desire to defecate:
 - Do not delay or hold, go to the toilet and defecate immediately.
 - If the patient is unable to go to toilet, prepare a commode chair.

預防便秘的方法

1. 每天記錄大便的次數、顏色、量、性狀及排便時間。
2. 早上起床後空腹喝一杯溫水刺激腸子蠕動。排便前，以肚臍為中心，順時鐘作腹部按摩10~15分鐘，以增加腸蠕動，順利解便。
3. 當有便意時：
 - 馬上去廁所排便，勿拖延或忍住。
 - 若無力至廁所，可準備活動式便盆椅使用。





- For totally bedridden individuals assisting them to keep semi-sitting or sitting position, and use a bedpan, diapers, or pads will be helpful.

4. Develop a regular bowel habit.

5. Adequate water intake of 2000-3000cc daily (including soup, juice and other beverages).

6. Eat more high fiber foods, such as brown rice, leeks, celery, vegetable stems, shredded bamboo shoots, bananas, tomato, papaya, yogurt, California plums, honey water, and black Chinese date juice.

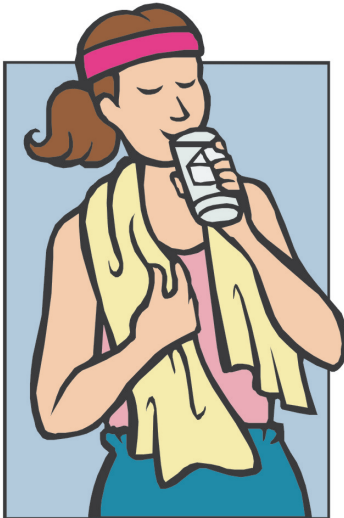
7. Adequate exercise, such as walking and cycling.



- 完全臥床病人採半坐或坐姿，協助使用床上便盆、紙尿褲或看護墊。
4. 培養每天定期排便的習慣。
 5. 攝取足夠的水份，每日約2000-3000 CC(含湯、果汁等飲料)。
 6. 多吃高纖維性食物，例如糙米、韭菜、芹菜、蔬菜莖、筍絲、香蕉、蕃茄、木瓜、優酪乳、加州梅、蜂蜜水、黑棗汁等。
 7. 適當的活動，例如散步、騎腳踏車等。



8. When a patient is taking drugs that inhibit peristalsis, such as analgesics and antidepressants, they should try to defecate daily. If they cannot defecate easily, remind their physician to prescribe a stool softener.



Treatment for no bowel movement for three days

1. A tympanic sound when you percuss the abdomen indicates flatulence. Yellow flower oil, peppermint oil, or Tiger balm can be applied on both palms and massaged to the patient's abdomen in a clockwise direction using the umbilicus as the center to increase peristalsis.
2. Method of using a glycerin enema
 - It must be prescribed by a physician and do not buy it on your own.
 - Assist the patient to lie on the left side with knees bent.



超過三天未解便的處理

1.叩診腹部若有像打鼓的聲音，即表示有脹氣，可在雙手掌塗抹黃花油、薄荷油或萬金油後，搓揉雙手掌，以肚臍為中心點順時鐘作環形按摩，增加腸蠕動。

2.甘油球灌腸的方法：

- 需要有醫師指示，勿自行購買使用。
- 協助病人左側臥，雙膝彎曲。



- The caregiver should wear gloves. Remove the plastic cover of the glycerin ball and smear the tip with Vaseline or lubricant. Gently open the anus with the thumb and index finger, and then fully push the tip of the glycerin ball into the anus (As shown in the right figure). After squeezing the enema fluid, clamp the anus with the thumb and index finger.

 - Ask the patient to hold for 15 minutes before going to the toilet.
3. If the above methods is in vain, please go to the hospital for treatment.



Memorandum

