

# Constipation

Constipation refers to very hard stools or bowel movements that are hard to pass.

You may also:

- Need to strain
- Feel like you did not completely empty your bowels
- Have cramping, pain, bloating or nausea

Each person is different, but most people pass stools from 3 times each day to 3 times each week. As long as the stool is soft and easy to pass, you are not constipated.

## Causes of Constipation

- A diet that is high in fat and sugar or low in fiber
- Not drinking enough liquids
- Being inactive
- Not going to the toilet when you have the urge to pass stool or have a bowel movement
- Some medicines
- Overuse of laxatives

## To help prevent constipation:

- Drink at least 8-10 cups of liquids each day. Warm or hot drinks may help your bowels move more easily.
- Eat high fiber foods such as bran cereal, whole grain breads, raw vegetables, fresh or dried fruits, nuts and popcorn. Fiber helps move stool through your body.

# 便秘

便秘是指大便很硬或很难排便。

您也可能：

- 需要用力
- 感觉您未完全排空肠腔
- 腹部绞痛、疼痛、气胀或恶心

每个人情形不一，但大多数人从每天 3 次大便到每个星期 3 次不等。只要大便柔软并容易排便，您就不是便秘。

## 便秘的原因

- 饮食含高脂肪和高糖但低纤维
- 未喝足够的液体
- 不活动
- 当您有大便或排便欲望时不去如厕
- 某些药物
- 用太多泻药

## 为帮助防止便秘：

- 每天至少喝 8-10 杯液体。温饮料或热饮料可能会促进排便。
- 吃高纤维食物，如带麸麦片、全麦面包、生蔬菜、新鲜水果或干果、坚果和爆米花。纤维帮助大便从您体内通过。

- You may want to limit cheeses, chocolate and eggs because they may worsen constipation.
- Drink prune or apple juice to help soften stools.
- Exercise to help your bowels move more easily. Walking works well.
- Go to the toilet when you have the urge to have a bowel movement.
- Check with your doctor before using any over the counter laxatives or enemas. Your doctor may suggest a stool softener or a bulk laxative. If you are not getting the results you want, talk to your doctor.

**Talk to your doctor or nurse if you have any questions or concerns.**

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- 因为干酪、巧克力和鸡蛋可能会使便秘恶化，所以您可能要限制这些食品。
- 请喝梅子汁或苹果汁以使大便软化。
- 锻炼有助于排便。步行效果很好。
- 当您有大便欲望时，请如厕。
- 在使用任何柜台即买泻药或灌肠药之前，请先和您的医生商讨。您的医生可能建议用大便软化剂或大量泻药。如果您得不到满意的效果，请告知您的医生。

如有任何疑问或关注事宜，请告知你的医生或护士。

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Constipation. Simplified Chinese