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 to 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.
• You may want to limit cheeses, chocolate and eggs because they may worsen constipation.
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
每个人情况不一，但大多数人从每天 3 次大便到每个星期 3 次不等。只要大便软并容易排出，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。纤维帮助大便从体内通过。
• 因为奶酪、巧克力和鸡蛋可能会使便秘恶化，所以您可能要限制食用这些食品。
• 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.
• 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。
• 当您有大便的感觉时，请如厕。
• 在使用任何非处方泻药或灌肠药之前，请先和您的医生商讨。您的医生可能建议您使用大便软化剂或大量泻药。如果您对效果不满意，请告知您的医生。

如有任何疑问或担心，请告知您的医生或护士。