

管理便秘指南

便秘是您的糞便又硬、又乾、比平常難排出。

造成便秘的原因是什麼？

- 飲食中缺少纖維
- 喝的液體不夠
- 缺乏運動
- 生活方式改變，例如旅行
- 如果須要上廁所但是您不理會
- 某些藥物或醫療情況。

如何可以有規律的排便？

- 按時用餐。咀嚼食物時要徹底而緩慢
- 在您的飲食中增加纖維含量
- 每天喝兩升液體（6至8杯）
- 可能的話，每天做運動。



A guide to managing constipation

Constipation is when your faeces is harder, drier and more difficult to pass than usual.

What causes constipation?

- Lack of fibre in your diet
- Not drinking enough fluids
- Lack of exercise
- Change in lifestyle eg. travel
- If you ignore the need to go to the toilet
- Some medications and medical conditions.

How can I regulate bowel actions?

- Eat regular meals. Chew your food thoroughly and slowly
- Increase the amount of fibre in your diet
- Drink 2 litres (6 to 8 glasses) of fluid per day
- Exercise daily, when possible.



管理便秘指南

我應該吃多少纖維？

- 每天吃 30 至 40 克纖維
- 纖維可以在新鮮的水果、蔬菜及穀類中找到。

我應該喝多少液體？

- 每天早上第一件事是喝一杯熱水，可以幫助打開您的腸道
- 您應該每天喝兩升液體（6 至 8 杯）
- 變換您喝的液體，例如水、牛奶、湯、水果與蔬菜汁。

我應該吃瀉藥嗎？

- 如果其他方法無效的話，有時候須要吃瀉藥（糞便軟化劑）
- 如果使用不當，有些瀉藥會增加便秘。請教您的醫生或者造口治療護士來得到更多資訊。



A guide to managing constipation

How much fibre should I eat?

- Eat between 30 to 40 grams of fibre each day
- Fibre is found in fresh fruit, vegetables and grains.

How much fluid should I drink?

- A hot drink, first thing in the morning, may help to open your bowel
- You should drink 2 litres (6 to 8 glasses) of fluid per day
- Vary your fluid intake with water, milk, soups, fruit and vegetable juices.

Should I take laxatives?

- Laxatives (stool softeners) are sometimes needed if the other suggestions do not work
- Some laxatives can increase constipation if not used correctly. Speak to your Doctor or Stomal Therapy Nurse for more information.

