

## 健康的排便習慣

保持健康排便功能的目的是幫助按時通便（打開腸道）。爲了有健康的排便功能，有一些重要的事情您須要考慮，下列建議會有幫助：

### 應該吃多少纖維？

每天吃 30 至 40 克纖維，纖維可以在新鮮水果、蔬菜及穀類中找到。

### 我每天應該喝多少液體？

- 多喝液體可以軟化您的糞便因而容易排出
- 除非您的醫生另有建議，否則每天喝兩升或 6 至 8 杯的液體
- 茶、咖啡、可樂和起泡飲料含有咖啡因，咖啡因可以使您脫水。



## Healthy bowel habits

The aim of maintaining health bowel function is to support regular defaecation (opening bowels). There are a number of important things you need to consider for healthy bowel function and the following suggestions can help:

### How much fibre should I eat?

Between 30 to 40 grams of fibre every day and it can be found in fresh fruit, vegetables and grains.

### How much fluid should I drink?

- Drink fluid for your stool to be soft and easy to pass.
- Drink 2 litres or 6 to 8 glasses of fluid a day, unless your Doctor has advised you otherwise
- Caffeine is found in tea, coffee, coke and fizzy drinks. Caffeine can dehydrate you.



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### 每天應該做多少運動？

- 運動能夠刺激腸道，幫助腸道更好地工作
- 如果您不能站立或行走，在椅子上試做一些簡單的運動。

### 上廁所

- 要排解糞便，您必須感到一種上廁所的迫切感
- 如果您對上廁所的迫切感不加理會，您可能會變成便秘
- 不可用力排糞便
- 確保廁所是私人地方，不受干擾
- 不要匆忙，因為您可能沒有恰當地排空您的糞便。

### 應該如何坐在馬桶上？

在馬桶上的正確姿勢應該與蹲下姿勢相同。膝蓋應該高過臀部。把雙腳放在小凳子上或電話簿上就可以做到這個姿勢，然後向前傾，把手放在膝蓋上。



## Healthy bowel habits

### How much exercise should I do?

- Exercise stimulates your bowel and helps it to work better
- If you are not able to stand or walk, try simple exercises in your chair.

### Going to the toilet

- To pass your bowel motion you must feel a strong urge to go to the toilet
- If you ignore the urge to go to the toilet you may become constipated
- **Do not strain**
- Ensure that the toilet is private with no interruptions
- Do not rush as you may not empty your bowel properly.

### How should I sit on the toilet?

The correct position on the toilet is the same as a squatting position. Your knees should be higher than your hips. You can do this by placing your feet on a small foot stool or phone book. Then you should lean forward and rest your elbows on your knees.

