

# 便秘

## 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.
- Drink prune or apple juice to help soften stools.

便秘是指大便显著硬结或排便困难。

此外，您可能还存在下列情形：

- 需要用力排便
- 感觉肠道未完全排净大便
- 抽筋、疼痛、腹胀或恶心

排便次数因人而异，但大多数个体的排便频率介于每天排便 3 次至每周排便 3 次之间。只要粪便质软易排，您就不是便秘。

### 便秘原因

- 高脂肪、高糖或低纤维的饮食
- 流质摄入不足
- 长时间不动
- 当便意来临或想要排便时未能及时如厕
- 某些药物
- 滥用泻药

### 为了防止便秘，建议：

- 每天饮用 8 至 10 杯流质。热饮或温饮可使您的排便过程更为顺畅。
- 摄入高纤维食物，如麸皮麦片、全麦面包、生蔬菜、新鲜水果或干果、坚果和爆米花。纤维有助于大便排出。
- 您可能还需要限制奶酪、巧克力和鸡蛋的摄入，因为它们可能会加重便秘。
- 食用梅干或饮用苹果汁有助于软化大便。

- 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.
  - 锻炼有助于轻松排便。步行的助排效果也不错。
  - 有便意时及时如厕。
  - 在使用任何非处方泻药或灌肠剂之前，请咨询医生。您的医生可能会建议您使用大便软化剂或散装泻药。如药物效果不理想，请咨询您的医生。
- 如有任何疑虑，请咨询医生或护士。**

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