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

便秘是指大便显著硬结或排便困难。此外，您还可能存在下列情形：
• 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.

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