

病人教材

外科中心



手术后便秘

手术后便秘的原因及如何处理

便秘是您排便少，粪便较硬。手术后您可能会便秘。这会导致一些不适。直到您恢复到正常的生活情况。

手术后有数种情况会导致便秘

- 饮食习惯的改变可影响您的消化系统。
- 服用含麻醉性的止痛药会减缓消化的过程。
- 日常的活动量减少，这也会减缓消化的过程。

减少便秘的方法

- 服用软便药—遵照医生的处方服药 (Colace 或 Docusate)。
- 增加液体的量要比平日多喝水，这可保持粪便软化。除了您进餐时喝的饮料外，每日喝 6-8 杯水 (每杯 8 盎司)。

饮水不足时的现象：

- 小便的量比平常少。
- 小便的颜色较深。
- 站立时有头晕的现象。

- 吃高纤维的食物。早餐麦片是最好的高纤维食物。含纤维素要高于 5 克。在麦片包装盒的侧面营养资讯览可看到纤维素的含量。如小麦丝 (Spoon Size Shredded Wheat)、麦麸 (All-Bran)、燕麦麸 (Oat Bran) 等。

其他高纤维的食物包括无盐花生米、全麦面包、红/白色的葡萄柚、哈密瓜、熟的胡萝卜、梅子、冷冻的碗豆、焗豆、腰豆、及干碗豆。

您有疑问吗？

外科护士热线电话:

周一至周五

上午 8:00-下午 4:00

206-598-4549

或与您的医生联系：

- 定时进餐、最重要是每日定时吃早餐。如此可使排便时间恢复正常。
- 如医生准许喝咖啡，早餐时喝咖啡。即便是无咖啡因的咖啡也可刺激大肠的蠕动。
- 西梅汁(prune juice) 早餐时喝一杯冷的或温热的梅子汁。
- 早餐后作运动 / 步行可以加速食物的消化。
- 如您有便急的感觉，就去尝试排便。一般人在用膳后 20 分钟后会便急
- 避免坐在厕所阅读。坐的太久会导致肛门胀痛或痔疮。等到便急时，才上厕所。

泄药

在某些情况下手术后需先用泄药来帮助排便。下列泄药无需医生处方，可在各个药房购买。

- *Milk of Magnesia* 镁奶: 隔夜见效。
- *Biscodyl rectal suppositories* 肛门塞剂: 20 分钟后见效。
- *Fleets enema* 灌肠剂: 15 分钟后见效。

当有下列情况时请致电护士资讯专线或与医生联系：

- 已遵照上述的方法在手术后 2, 3 天仍无法排便。
- 您胃感不适且呕吐。
- 您站立时感到头昏。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Surgical Specialties Center

Box 356165

1959 N.E. Pacific St. Seattle, WA 98195

206-598-4477

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Constipation After Your Operation
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Constipation After Your Operation

Why it happens and what you can do

Constipation is when your bowels move less often and your stools are more firm. After an operation you can have constipation. This can cause discomfort until you get back to your regular schedule.

Causes of Constipation After Surgery

- A change in your regular eating habits can affect your digestive system.
- Narcotic pain medicines slow down your body's digestion process.
- A decrease in your daily activity also slows down food digestion.

Tips to Decrease Constipation

- **Take the stool softener** medicine that your doctor prescribed (Colace or Docusate).
- **Increase the amount of liquids** that you drink to keep your stools soft. Drink 6 to 8 glasses (8 ounces each) of water every day in addition to other liquids you drink with your meals.

Signs that you are not drinking enough are:

- The amount that you urinate is less than normal.
 - Your urine is dark colored.
 - You feel dizzy when you stand up.
- **Eat a diet high in fiber.** The best source of fiber is breakfast cereal with a fiber content of 5 grams or more. Fiber content is listed with the nutrition information on the side of the cereal box. Some high-fiber cereals include Spoon Size Shredded Wheat, All-Bran, and Oat Bran.

Other foods high in fiber include dry and unsalted peanuts, whole wheat bread, other whole-grain products, parsnips, white or red grapefruit, cantaloupe, cooked carrots, prunes, peas, baked beans, kidney and other beans, lentils, and split peas.

Questions?

Call the Surgical
Specialties Nurse
Advice Line weekdays
8 a.m. to 4 p.m.:
206-598-4549.

Or, call your own
doctor:

- **Try to have meals, especially breakfast, at the same time each day.** This helps get your bowels back on a regular schedule.
- **If you are allowed to drink coffee, have some at breakfast.** Decaf coffee will work, too. Coffee stimulates your bowels.
- **Drink prune juice** (cold or warm) at breakfast.
- **Walk or do other exercise after breakfast** to help food move through your intestines.
- **If you feel the urge, try and go.** Most people feel the urge to have a bowel movement about 20 minutes after a meal.
- **Do not just sit on the toilet and read a book.** Sitting on the toilet for a long time can cause painful swelling or hemorrhoids. Wait until you feel the urge to have a bowel movement, and then go and sit on the toilet.

Laxatives

Sometimes after an operation, a laxative is needed to help get things started. You can buy these medicines without a prescription (“over the counter”) at any drug store:

- ***Milk of Magnesia liquid:*** Works overnight.
- ***Biscodyl rectal suppositories:*** Work in about 20 minutes.
- ***Fleets enema:*** Works in about 15 minutes.

Call the Nurse Advice Line or Your Doctor If:

- It has been 2 or 3 days since your surgery and these tips have not helped you to have a bowel movement.
- You are sick to your stomach and throwing up.
- You feel dizzy or lightheaded when you stand up.

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