



UW Medicine

## 手术后的便秘

其原因及如何处理

这本讲义为您解释为什么手术后便秘很常见，并提供了减少便秘的有用提示。

### 什么是便秘？

便秘是指大便次数减少，大便更硬。症状包括腹部不适、胀气、肿胀，以及排便时必须使力。

手术后便秘是很常见的。这可能会引起不适，直到您恢复正常的排便状态。

### 为什么手术后便秘？

当发生下列情况时，消化系统的运作可能减缓、而导致便秘：

- 一贯的饮食习惯有所改变
- 服用处方的止痛药
- 不像往常那样活动

### 减少便秘的提示

- **服用医生所开的软便剂。**
- **增加喝液体的分量。**这有助于保持粪便柔软。每天喝 **6 到 8 杯水**（每杯 **8 盎司**）。这不包括在您吃饭时喝的其他汤类及饮料。

如有下列现象即表示喝的水还不够：

- 排尿量比正常情况少
- 尿色变深，且气味强烈
- 站起来时感到头昏

- **吃高纤维的食物。**获取纤维的最简单方法是吃早餐麦片。寻找每份纤维含量为 **5 克或以上**的品牌。纤维含量是在麦片盒侧面的营养信息栏一起列出。一些高纤维麦片包括：小麦丝（**Shredded Wheat**）、全麦麸（**All-Bran**）和燕麦麸（**Oat Bran**）。



如您对在家的自我护理有任何问题或疑虑，请与护士联系。

以下的食物也是富含纤维的：干花生和无盐花生、全麦面包、其他全麦制品、白胡萝卜、西柚、哈密瓜、熟胡萝卜、西梅、豌豆、烤豆、芸豆和其他豆类、扁豆和分豆。

- 尽量在每天的同一时间进餐，尤其是早餐。这有助于排便恢复规律。
- 如医生说可以喝咖啡，那就在早餐时喝一些。咖啡有助于肠道的蠕动。无咖啡因的咖啡也可以。
- 早餐时喝梅子汁（冷的或热的）。
- 早餐后散步或做其他锻炼，以帮助食物在肠道内移动。
- 如觉得有便意就去试着排便。大多数人在饭后 20 分钟左右就会有便意。
- 不要只坐在马桶上看书。长时间坐在马桶上会引起胀痛或痔疮。等到感觉到有排便意时，才坐到马桶上。

## 泻药

有时在手术后，泻药可以帮助肠道开始蠕动。您可以在任何一家药店购买这些药物，无需处方（“非处方药”）。

- **镁奶液 (Milk of Magnesia liquid):** 一夜见效
- **直肠栓剂 (Biscodyl rectal suppositories)**。大约 20 分钟就能见效。
- **灌肠剂 (Fleets enema):** 约 15 分钟见效。

如以前用过不同的泻药，而且效果很好，请问你的护士是否可以再次使用。

## 何时需要与医生联系

可以致电左栏“您有疑问吗”所提供的电话号码：

- 排便次数比正常情况少很多
- 恶心及呕吐
- 站立时感到头晕或头重脚轻。

## 您有疑问吗？

我们很重视您的提问。如有疑问或顾虑、请致电您的医生或医护提供者。

周一至周五 请致电：

- **华大医疗中心外科：**  
206.598.4477 (上午 8 点至下午 5 点.)
- **UWMC 8-Southeast Oncology Unit 华大医疗中心 8 楼肿瘤科：**  
206.598.8300  
(上午 8 点至下午 4:30)
- **华大体育医学中心位于体育场 206.598.3294 接通后请按 8**

下班后及周末假期：请致电 206.598.6190，接通后请传呼当值的住院医师。

或：请接线生传呼您的医生：

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## Constipation After Your Operation

*Why it happens and what you can do*

*This handout explains why it is common to become constipated after surgery, and offers helpful tips to decrease constipation.*

### What is constipation?

Constipation is when your bowels move less often and your stools are more firm. Symptoms include abdominal discomfort, bloating, swelling, and having to strain when having a bowel movement.

It is common to become constipated after having surgery. This can cause discomfort until you get back to your regular schedule.

### What causes constipation after surgery?

Your digestion may work more slowly and you can get constipated when:

- There are changes in your usual eating habits
- You are taking prescription pain medicines
- You are not as active as usual

### Tips to Decrease Constipation

- **Take the stool softener** that your doctor prescribed.
- **Increase how much liquid you drink.** This helps keep your stools soft. Drink 6 to 8 glasses (8 ounces each) of water every day. This is besides the other liquids you drink with your meals.

You are **not** drinking enough if:

- The amount that you urinate is less than normal
- Your urine is dark-colored and strong-smelling
- You feel dizzy when you stand up



*Please call to talk with a nurse if you have any questions or concerns about your self-care at home.*

- **Eat foods that are high in fiber.** The easiest way to get fiber is by eating breakfast cereal. Look for brands with 5 grams or more fiber per serving. 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.

These foods are also high in fiber: dry and unsalted peanuts, whole wheat bread, other whole-grain products, parsnips, grapefruit, cantaloupe, cooked carrots, prunes, peas, baked beans, kidney and other beans, lentils, and split peas.

- **Try to have meals, especially breakfast, at the same time each day.** This helps get your bowels back on a regular schedule.
- **If your doctor says it is OK for you to drink coffee, have some at breakfast.** Coffee helps move your bowels. Decaf coffee works, too.
- **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 to 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.** 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, then sit on the toilet.

## Laxatives

Sometimes after an operation, a laxative can help your bowels start to move. You can buy these medicines without a prescription (“over the counter”) at any drugstore:

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

If you have used a different laxative before and it worked well, ask your nurse if it’s a good idea to use it again.

## When to Call

Call one of the numbers in the “Questions” box at left if you:

- Are having a lot fewer bowel movements than what is normal for you
- Are sick to your stomach and throwing up
- Feel dizzy or lightheaded when you stand up

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

On weekdays, call:

- UWMC Surgical Specialties Center,**  
206.598.4477 (8 a.m. to 5 p.m.)
- UWMC 8-Southeast Oncology Unit,**  
206.598.8300  
(8 a.m. to 4:30 p.m.)
- UW Sports Medicine Center at Husky Stadium,** 206.598.DAWG (3294) and press 8

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your doctor to be paged:

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