

便秘照顧

Constipation Care

何謂便秘？

What is constipation?

三天以上沒解大便或大便乾硬有排便困難的情形，即稱之便秘。

Constipation refers to no bowel movements for at least 3 days or having a difficulty to defecate hard and dry stools.

便秘的成因？

Causes of Constipation?

引起便秘的導因很多，包括纖維量少、飲水量少、運動少、排便不規律、灌腸劑或軟便劑依賴、藥物副作用或疾病因素…等。

There are many causes of constipation, including small amount of fiber, small amount of water, lack of exercise, irregular bowel movements, relying on enemas or stool softeners, drug side effects or diseases, etc.

便秘的處理方式？

Constipation treatment?

1. 腹部按摩：可刺激腸胃蠕動及排便，按摩方向，順行腸道位置，即面對被看護人時，順時鐘方向按摩腹部。

Abdominal massage: It can stimulate gastrointestinal peristalsis and defecation. The massage should be performed in ante grade motion along the intestines, which is to perform the abdominal massage in a clockwise direction when facing the person being cared for.

2. 軟便劑：請依醫囑指示；當出現腹瀉情況或排便次數增加時，應減少軟便劑劑量或暫時停止使用。（藥物劑量調整請諮詢醫師）

Stool softener: Please follow instructions of the physician. Dose of stool softener should be reduced or temporarily stop using the stool softener when number of bowel movements is increased or diarrhea occurs. (Please consult the physician for drug dosage adjustments)

3. 肛門刺激：脊髓損傷者可運用肛門刺激使肛門括約肌鬆弛，以促進糞便排出。

Anal stimulation: A person with spinal cord injury can use the method of anal

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stimulation to relax the anal sphincter in order to promote bowel movements.

4. 灌腸劑：當以上方法使用成效不彰，且已超過3 天未解便時，則可依醫囑使用甘油球或栓劑。

Enema: When the aforesaid methods are ineffective and there is no bowel movement for more than 3 days, the person having constipation can use glycerin ball or suppository according to the physician' s prescription.

5. 挖便：當有糞水發生時，並確認肛門口有硬便，請予指挖（需注意被看護人有否直腸方面疾病，若有，建議就醫，由醫護人員執行）再配合腹部按摩使後段糞便順利排出。

Digging stools out: If the fecal-sewage is coming out of the anus and there are hard stools in the anus, please use fingers to dig stools out (The caregiver must watch out for any rectal diseases of the person being cared for; if there is any, it is recommended to take the patient/ward to a hospital and let the medical personnel perform the digging) and then massage the abdomen to help defecate remaining feces in the anus.

6. 增加水分的攝入量：每日至少2000 cc。另醫師囑言：限水者除外。

Increasing water intake: At least 2000 cc every day. Additional physician instruction: Except for patients having water restrictions.

7. 多攝取高纖維食物：如蔬菜、水果。

Eating more high-fiber foods: Such as vegetables, fruit, etc.

主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

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