

## Constipation (unable to move your bowels)

## 便秘 (腸部未能蠕動)

Constipation is difficulty moving your bowels. Stools are hard and may be painful to pass. There is a feeling that the bowel is not empty.

Constipation may be caused by your cancer or when:

- you eat differently
- you are taking medications for pain or nausea
- you are less active

Regular bowel movements happen every one to three days. They should be soft and easy to pass. Even if you are not eating as much as usual, you still need to have a bowel movement.

### Constipation can:

- increase nausea and vomiting
- increase abdominal bloating and pain
- decrease your appetite
- lead to straining that can cause a rectal tear or hemorrhoids and bleeding. This can increase your risk of infection.

### Call your nurse or doctor if you have:

- not had a bowel movement within three days
- abdominal or rectal pain
- vomiting

便秘是指腸部蠕動有困難。糞便硬化及排便時感疼痛。有未能完全排清糞便的感覺。

便秘可能是由癌症所引致或因為你:

- 改變飲食習慣
- 服食止痛藥或止嘔藥
- 減少活動

一般是每兩天至三天便會排便一次。糞便應是柔軟及容易排出。雖然你的食量可能比平常少，但你仍有排便的需要。

### 便秘會令你:

- 增加作嘔及嘔吐
- 增加腹部腫脹及疼痛
- 食慾減低
- 因排便過度用力而會引致肛門損裂或出現痔瘡及出血。這樣可增加細菌感染的機會。

### 如果有以下的情況，致電你的醫生或護士:

- 三天內都沒有排便
- 腹部或肛門疼痛
- 嘔吐

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### Tips to help you with constipation:

- Eat high fibre foods like whole grain breads, cereals, fruits, vegetables, nuts and seeds.
- Drink plenty of fluids. Fluids help to keep the stool soft.
- Prune juice and warm liquids may be helpful.
- Try to walk 15-30 minutes each day or try other activities such as cycling or swimming.
- Eat at the same time each day.
- Try to have a bowel movement at the same time each day.

### Medications for constipation:

Constipation is a common side effect when using some pain and nausea medications. Your nurse or doctor will suggest medication to help prevent or to relieve constipation. These include:

- stool softeners which make the stool softer and easier to pass.  
Example: Docusate sodium or Docusate calcium
- laxatives which cause the bowels to move.  
Example: Senokot

These do not include:

- bulk forming fibre supplements. These are not advised for people on some pain and nausea medications or for those who have poor fluid intake.  
Example: Metamucil

### 對便秘有幫助的提示:

- 食含有高纖維的食物，例如：全穀麥麵包，麥片(cereal)，水菓，蔬菜，果仁及瓜子類。
- 喝大量飲料。水或其他飲品能幫助糞便保持柔軟。
- 喝梅子汁(Prune juice)及飲和暖飲品對你會有幫助。
- 每天步行十五至三十分鐘或做其他活動,如踏單車或游泳。
- 每天在同一時間進食。
- 每天在同一時間排便。

### 便秘藥物:

便秘是服用止痛藥或止嘔藥後常見的副作用。你的護士或醫生會建議一些預防便秘或減輕便秘的藥物。這些藥物包括:

- 糞便柔軟藥可使糞便變軟及容易排出。  
例如: Docusate sodium 或 Docusate calcium
- 輕瀉劑可促進腸部蠕動。  
例如: Senokot

但不包括纖維補充劑

- 凡服食止痛或止嘔藥的人士或飲少量飲料的人士都不建議他們使用這些纖維補充劑。例如: Metamucil

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A laxative should be taken if you do not have a bowel movement two days after starting a stool softener.

Be sure to follow the package instructions. If you do not understand the instructions or have questions or concerns, please contact your nurse.

如你服食糞便柔軟藥後的兩天仍然未能排出糞便，你應服用輕瀉劑。你需要按照包裝盒上的指示使用。如果不明白使用方法說明或有任何問題，請聯絡你的護士。