



## Constipation - Nursing Information and Self-Care

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- I、 If the symptoms increased frequency and severity of abdominal pain, Please inform our medical staffs immediately if you have any of the following conditions and return to hospital as soon as possible once discharged.
- II、 Do not use laxatives or enema by yourself.
- III、 Daily intake of more than 2000cc of water. Except patints need to limit water (eg heart failure, renal insufficiency).
- IV、 Eat a balanced diet and eat more watery and high-fiber foods such as vegetables fruit, whole-grain bread..., avoid delicate or processed foods, or more hot drinks that stimulate bowel movements, such as plum juice.
- V、 Avoid drinking carbonated drinks and gas-producing foods such as corn, onions and bean products.
- VI、 Avoid ingesting drinks such as tea, coffee or alcohol, causing diuretic effects and reducing intestinal moisture.
- VII、 Should have proper exercise and normal sleep, especially to avoid staying up late and feeling nervous.
- VIII、 Have the habit of regular bowel movements, and feel comfortable and comfortable in the defecation environment. It is best to time to choose the toilet every day or 30 minutes after breakfast every day.
- IX、 It can ingest probiotics (eosinophilic lactic acid bacteria than Fedella), increase intestinal peristalsis and soften stools, such as cheese, yogurt, fermented milk and yogurt.
- X、 Give abdominal massage to increase the bowel movements.
- XI、 Follow your doctor's instructions with regular gastroenterology OPD follow-up.

If you have any questions or suggestions, please contact us. We are very willing to help. Our contact telephone number: Taipei: (02)2543-3535 extension: 3126  
Danshui :(02)2809-4661 extension:2662.

**Mackay Memorial Hospital Emergency Department**

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**Item: Constipation - Nursing Information and Self-Care**

**Signature:**

**Relation to patient:**

**Date:**