



## Healthy Bowel Habits (Chinese)

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1. 每天在可预定的时间用餐（早餐、午餐和晚餐）。当食物以相同的固定间隔引入时，肠道功能最佳。

Eat all of your meals (breakfast, lunch, and dinner) at a predictable time each day. The bowel functions best when food is introduced at the same regular intervals.

2. 食用分量相似的食物。当食物分量相似时，肠道功能最佳。一天中不同餐食的份量可能不同，但任何一餐（早餐、午餐或晚餐）吃的食物量应该每天大致相同。

Eat foods in similar amounts. The bowel functions best when food is in similar quantity. The size of different meals taken through the day may vary, but the amount of food eaten at a given meal (breakfast, lunch, or dinner) should be about the same quantity from day to day.

3. 早餐是刺激肠道蠕动最重要的一餐。确保您每天都吃早餐。

Breakfast is the most important meal involved in bowel stimulation. Make sure you eat breakfast every day.

4. 吃高纤维饮食，包括可溶性和不溶性纤维。

Eat a high fiber diet that includes both soluble and insoluble fiber.

5. 将咖啡因保持在最低限度。咖啡因是一种利尿剂，从结肠中吸取液体，使大便变硬。

Keep caffeine to a minimum. Caffeine is a diuretic drawing fluid from your colon and leaving your stools hard.

6. 喝充足的无咖啡因的液体。理想情况下，一个人应该每天喝 64 盎司或 8 杯水，特别是如果您在吃富含纤维的饮食。对于患有肾脏病、心脏病或泌尿系统问题的人来说，可能是不可行的。

Drink plenty of decaffeinated fluids. Ideally a person should drink 64 ounces a day or 8 glasses of water, especially if you are eating a fiber-rich diet. This may not be possible for people suffering from kidney disease, heart disease or urinary problems.

7. 每天锻炼。运动会增加结肠转运时间。当每天锻炼时间一致时，对肠功能最有帮助。

Exercise daily. Exercise increases colonic transit time. Bowel function is helped most when exercise is at a consistent daily time.

### **排便技巧：Bowel Movement Technique:**

找到一天中排便的最佳时间。通常一天中排便的最佳时间是早餐后半小时到一个小时。

对于一些人来说，午餐后半小时到一个小时会比较好。这些时间是最好的，因为身体会利用胃肠反射，一种随进食而对肠蠕动的刺激，来帮助排便。请确保您没有时间压力，并且此时可以方便地使用洗手间。

Find your best time of day to have a bowel movement. Usually the best time of day for a bowel movement will be a half hour to an hour after breakfast. For some people a half hour to an hour after lunch will work better. These times are best because the body uses the gastro-colic reflex, a stimulation of bowel motion that occurs with eating, to help produce a bowel movement. Make sure that you are not rushed and have convenient access to a bathroom at this time.

- 坐在马桶上，身体前倾，将前臂放在大腿上。抬起脚跟或将脚放在凳子或

Squatty Potty™马桶凳上

Sit on toilet and lean forward, resting forearms on thighs. Lift heels or place feet on stool or Squatty Potty™

- 替代姿势 - 可以尝试向前倾斜并抓住脚踝。

Alternate position- may try leaning forward and grasping ankles.

- 放松直肠，感觉它向外微微隆起。

Relax rectum, feeling it slightly bulge outward.

- 保持嘴唇、下巴和嘴巴张开有助于在排便时骨盆底放松。

Keeping lips, jaw and mouth open will facilitate relaxation of the pelvic floor during your bowel movement.

- 用鼻子吸气，用嘴巴吐气，或通过牙齿轻轻发出嘶嘶声。轻轻地将空气向下引导回直肠，保持腹部紧实。

Breathe in through nose and exhale through mouth or perform gentle hissing through the teeth. Gently direct the air down and back to the rectum, keeping your abdomen firm.

- 产后患者或会阴下垂患者应将手指放在会阴外部（阴道和直肠之间的区域）。

Post-partum patients or patients with perineal descent should place fingers externally on the perineum (area between vagina and rectum).

- 完成后—收缩骨盆底肌肉以恢复正常的骨盆底张力。重复 3-4 次。如果仍然不成功，则收缩骨盆底并离开厕所。避免用力。



When finished - contract pelvic floor muscles to restore normal pelvic floor tone. Repeat 3-4 times. If still unsuccessful, contract the pelvic floor and get off the toilet. Avoid straining.

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