

癌症患者的便秘

Constipation in People with Cancer (Chinese)

便秘是指排便时感到疼痛、排便困难或排便频率低于您平时的正常水平。癌症患者便秘的原因有很多，包括：

Constipation is when you have bowel movements that are painful, that are hard to pass, or that are happening less often than normal for you. There are many causes for constipation in people with cancer, including:

- 药物 Medications
 - 止痛药（尤其是阿片类药物） Pain medications (especially opioids)
 - 抗恶心药物 Anti-nausea medications
 - 治疗抑郁（抗抑郁药）或焦虑的药物
Medications for treating depression (antidepressants) or anxiety
 - 睡眠（失眠）药物 Sleep (insomnia) medications
- 癌症治疗（包括某些类型的化疗、放疗或手术）
Cancer treatments (including certain types of chemotherapy, radiation, or surgery)
- 身体活动减少 Being less physically active
- 饮水不足 Not drinking enough fluids

我可以做些什么来帮助预防便秘？

What can I do to help prevent constipation?

- 多喝水。尽量每天喝8-10杯水。

Drink more fluids. Try to drink 8-10 glasses of water every day.

- 在您通常排便时间的前30分钟喝温水。

Drink warm fluids 30 minutes before the time you usually have a bowel movement.

- 增加饮食中的纤维摄入量。纤维存在于水果、蔬菜和全谷物等食物中。

Increase the amount of fiber in your diet. Fiber is found in foods like fruits, vegetables, and whole grains.

- 增加膳食纤维的一种方法是将1杯苹果酱、1杯All-Bran®麦片和1杯西梅汁混合在一起。每天吃2-3汤匙这种混合物，并将当天未吃完的部分放入冰箱冷藏。您可以调整食用量来调节排便情况，目标是每24小时排便1次。

One way to add fiber to your diet is to mix together 1 cup of apple sauce, 1 cup of All-Bran® cereal, and 1 cup of prune juice. Eat 2-3 tablespoons of this mix every day and refrigerate any extra that you don't eat that day. You can change the amount you eat to manage your bowel movements, with the goal to have 1 bowel movement every 24 hours.

- 在力所能及的范围内参与锻炼和活动。即使每天仅步行15分钟也可以有所帮助。

Participate in exercise and activity as you're able. Even 15 minutes of walking per day can be helpful.

我该如何治疗便秘？ What can I do to treat constipation?

- 开始每天服用软便剂，例如Colace®。

Start taking a daily stool softener, such as Colace®.

- 开始每天服用泻药，例如MiraLAX®。

Start taking a daily laxative, such as MiraLAX®.

- 每天服用1次或2次，每次1瓶盖。如果24小时后仍然便秘，您也可以开始服用Senokot®（每天1-2次，每次1-2片）。

Take 1 capful once or twice a day. If you still have constipation after 24 hours, you can also start taking Senokot® (1-2 pills once or twice a day).

- 如果尝试服用Senokot®后24小时仍未排便，请联系您的医生以获取进一步建议。

If you tried taking Senokot® and you still have not had a bowel movement after 24 hours, please contact your doctor for more advice.

我应该什么时候打电话给医生？ When should I call the doctor?

请打电话给医生，如果您： Call your doctor if:

- 4天或更长时间没有排便

You have not had a bowel movement in 4 or more days

- 注意到大便（粪便）中有血 You notice blood in your stool (poop)

- 新出现的恶心或呕吐 You develop new nausea or vomiting

- 出现腹部（胃）疼痛或痉挛

You develop abdominal (stomach) pain or cramping

- 没有放屁 You are not passing gas

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