



## Notice for Constipation

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English version in 2021.01

### I. Food Notice:

- i. Eat much dietary fiber food and colloidal foods, such as various vegetables, (mushrooms, rhizomes, leafy vegetables, flowers and fruits, seaweeds, etc.), papaya、banana、whole roots (brown rice, oats, sweet potatoes, etc.), beans (soybeans, black beans, peas, etc.), black fungus, okra, cow, or oligosaccharides or oligosaccharides-containing beverages that stimulate bowel movements.
- ii. Please drink at least over 2000CC water every day to soften the stool, but exclude the water limit.
- iii. Drink cold water or cold milk to stimulate the intestine before eat breakfast.
- iv. To avoid the carbonic acid drink and some food may produce much, ex: corn、onion、bean、leek.

### II. Medication Notice:

- i. To avoid the drug dependence; do not abuse the laxatives privately.
- ii. If has constipation or stools with blood, it could be piles or other disease, should go to the hospital and accept inspection and treatment.

### III. Self care Notice:

- i. Proper exercise to promote bowel movements, it is recommended to exercise for more than 30 minutes with a slight sweat.
- ii. Train the levator movement, for example: 1. Clamp the buttocks, 2. The top of the hand, or massage the abdomen clockwise, to help defecation.
- iii. Do not endure the stool, if want defecation must go to restroom immediately and do not push it too hard.
- iv. Form the habit of the defecation on fix time.
- v. Avoid under the stress or sad.

If you have any questions or suggestions, please contact us. We are very willing to help. Our contact telephone number: Taipei main branch Hospital: (02)25713760 ; Hsinchu branch: (03) 5745098 ; Taitung branch: (089) 310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God Bless You