



WHAT IS POOR BOWEL CONTROL?

People with poor bowel control accidentally pass bowel motions at the wrong time or in the wrong place. They may also pass wind when they do not mean to.

IS POOR BOWEL CONTROL COMMON?

About one in 20 people has poor bowel control. Both men and women can have poor bowel control. It is more common as you get older, but a lot of young people also have poor bowel control.

Many people with poor bowel control also have poor bladder control (wetting themselves).

WHAT CAUSES POOR BOWEL CONTROL?

Weak Muscles

Weak back passage muscles may be due to:

- having babies;
- getting older;
- some types of surgery - such as, for piles (haemorrhoids); or
- radiation therapy.

Severe Diarrhoea

Diarrhoea means passing loose motions. There are many causes and it is a good idea to see your doctor to find out what can be done about this problem.

Constipation

Constipation is a very common cause of bowel mishaps in older people or people with a disability. Motions can sometimes get clogged in the lower bowel and liquid can leak out around the clogged mass, which looks like there is a loss of bowel control.

什么是排便控制失常？

排便控制失常的人会在不适当的时间或地点意外排便。他们可能还会在无意中排气。

排便控制失常常见吗？

大约20个人中就有1个人排便控制失常。男性及女性都可能出现。年龄越大越常见，但很多年青人也会出现排便控制失常。

很多排便控制失常的人同时伴有排尿控制失常（尿湿裤子）。

有哪些原因导致排便控制失常？

肌力不足

肛门肌力不足可能是因为：

- 生孩子；
- 年纪增大；
- 某些外科手术—如痔疮手术；或者
- 放射治疗。

严重腹泻

腹泻是指排稀便。有很多原因会引起腹泻。你应该找医生，看看能用什么方法解决这个问题。

便秘

便秘是年纪较大的人或残障人士肠道问题的一个非常普遍的原因。粪便有时会堵塞在肠道下段，并有液体从粪块周围渗出，看上去就像要腹泻一样。





WHAT SHOULD YOU DO ABOUT POOR BOWEL CONTROL?

There are many causes of poor bowel control, so a careful check is needed to find the causes and things that might make it worse.

If you often have bowel mishaps, you should first talk to your doctor. You should also let your doctor know if you have:

- a change in your normal bowel habits;
- pain or bleeding from the back passage;
- a feeling that your bowel is never quite empty;
- dark or black bowel motions; or
- weight loss that you can't explain.

Your doctor may:

- ask you some questions;
- do a physical exam of your pelvic floor muscles (if you say this is okay);
- ask you to keep a chart of your bowel habits and what you eat and drink for a while; or
- refer you for an ultrasound to check your pelvic floor muscles.

HOW CAN POOR BOWEL CONTROL BE HELPED?

Because loss of bowel control is a warning sign and not a disease, the right care will depend on what is causing the problem.

Care may include:

- checking the medicines and tablets you take;
- taking a new medicine to firm up your motions or to settle your bowels;
- getting constipation under control if this is a cause;
- pelvic floor muscle training to help make your pelvic floor muscles stronger. The muscles around the back passage are part of the pelvic floor muscles;

排便控制失常应该怎么办？

有很多原因会导致排便控制失常，因此需要仔细检查找出原因，以及有哪些情况可能使症状加重。

如果你的肠道经常出现问题，应该首先去看医生。如果你有以下情况，也应该告诉你的医生：

- 原来的大便习惯有改变；
- 肛门疼痛或出血；
- 总是觉得大便没排干净；
- 排出深色或黑色大便；或者
- 体重下降但原因不明。

你的医生可能：

- 问你一些问题；
- 帮你做一次骨盆底肌肉检查（如果你同意的话）；
- 要求你在一段时间内将大便情况以及饮食内容记录在一张图表上；或者
- 让你作超声波检查骨盆底肌肉。

如何改善排便控制失常？

因为大便失控是一种警号而不是一种疾病，正确的处理方法取决于引起症状的原因。

处理方法可能包括：

- 检查你服用的各种药物及片剂；
- 服一种新药，令粪便成型或令肠道恢复正常；
- 如果原因是便秘，就要控制便秘；
- 通过骨盆底肌肉锻炼帮助增强骨盆底肌力。肛门周围的肌肉是骨盆底肌肉的一部份；





- treatment by a physiotherapist or a continence nurse who knows about pelvic floor muscle problems. This could also involve using equipment to get the pelvic floor muscles working; or
- visiting a surgeon or other specialist doctor, if your doctor refers you.

- 由了解骨盆底肌肉问题的理疗师或排便科护士进行治疗。这可能还包括使用器材令骨盆底肌肉发挥作用；或者
- 如果你的医生给你转介，可以去看外科医生或其他专科医生。

FOR PEOPLE WITH DEMENTIA OR CONFUSION

People with dementia or confusion may not feel, or be aware of, the urge to empty their bowels. This can lead to leaking of a normal bowel action. A common time for this to happen is soon after a meal, often breakfast.

患有痴呆症或迷惑的人士

患有痴呆症或迷惑的人士可能感觉不到，或意识不到自己的排便感。这可能导致正常排便的失控。一般发生的时间为进餐后不久，通常是早餐之后。

在一段时间内观察这些人的大便习惯有助于看出他们的排便模式。此外，记录他们的行为可有助于了解他们何时会排便，然后就可以及时带他们去厕所。

Watching the person's bowel habits for a while may help to show a pattern of bowel habits. Also, keeping track of how they act may help to find out when a bowel motion will happen. Then the person can be taken to the toilet in time.

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

