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### 排便訓練及甘油球灌腸

### Bowel movement training and usage of glycerine ball

#### 一、原則及注意事項:

- 1.飲食增加纖維的攝取，水果中有木瓜、香蕉、柳丁、梅子等亦可幫助排便。
- 2.每日應攝取2000-2500C.C.的液體。
- 3.配合飯後胃結蠕動反射，以早餐飯後一小時內為佳。
- 4.要多活動，縱使臥床也必須協助多翻身、手腳全關節運動、腹部按摩，以助腸胃蠕動。

#### 一、Principles and considerations:


- 1.Increase the intake of fiber in the diet. Some fruit, like papaya, banana, orange and plum can help bowel movement.
- 2.Ingest 2000-2500 C.C. fluid everyday.
- 3.The bowel movement could match the stomach-colon peristalsis reflex after diet, especially in 1 hour after breakfast.
- 4.To be more active, even lying in the bed, must be assisted with rolling, passive range of motion movement for all joints of upper and lower extremities, and abdominal massage to help gastrointestinal motility.

#### 二、排便訓練:

- 1.吃完飯後30分鐘，協助個案坐於馬桶或半坐臥於床上，由右上再向左後再向下順著大腸走向按摩15分鐘（深度3-5公分）。
- 2.若仍未解便，以手指塗潤滑劑，深入肛門約2公分，輕柔快速作環狀刺激，直到肛門放鬆為止，若肛門放鬆則採挖便。
- 3.大便訓練常配合甘油球或栓劑使用，栓劑在飯前30分鐘塞入，飯後30分鐘做腹部按摩及肛門刺激。

#### 二、Bowel movement training:

- 1.The caregiver could help patient sit on the toilet or half-lie in the bed and use hands to massage for 15 minutes along the large intestine which be clockwise on the outer edge

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of the abdomen (with 3~5 cm depth).

- If the patient could not still defecate, the caregiver would use fingers smeared with lubricant to stimulate the anus (about 2 cm deep in the anus) softly, fast, and roundly, until the anus be relaxed. If the anus was relaxed, the caregiver could dig the stool out.
- The bowel movement could match the usage of glycerine ball and suppository. The suppository is squeezed in the anus 30 minutes before diet. And 30 minutes after diet, the caregiver could have abdominal massage and anal stimulation for the patient.

### 三、甘油球使用方法：

- 先帶上手套，塗潤滑劑深入肛門檢查有無硬便，有則先輕輕挖出，以免影響效果。
- 將栓劑或甘油球塞入肛門，栓劑須靠在直腸壁上以利藥物吸收，刺激腸蠕動，引發排便。

### 三、The use method of glycerine ball:

- The caregiver put on gloves first. Smear lubricant on the fingers to examine if there are any hard stools in the deep anus. If there were hard stools in the anus, we would dig them out lightly first to avoid the invalidity of glycerine ball.
- Put the suppository and glycerine ball in the anus. The suppository must attach to the wall of the rectum. It can stimulate the peristalsis of the intestinal and cause bowel movement.

以上資料來源自台灣長期照護專業協會，  
若您對以上內容有任何疑問時，請洽詢護理人員。