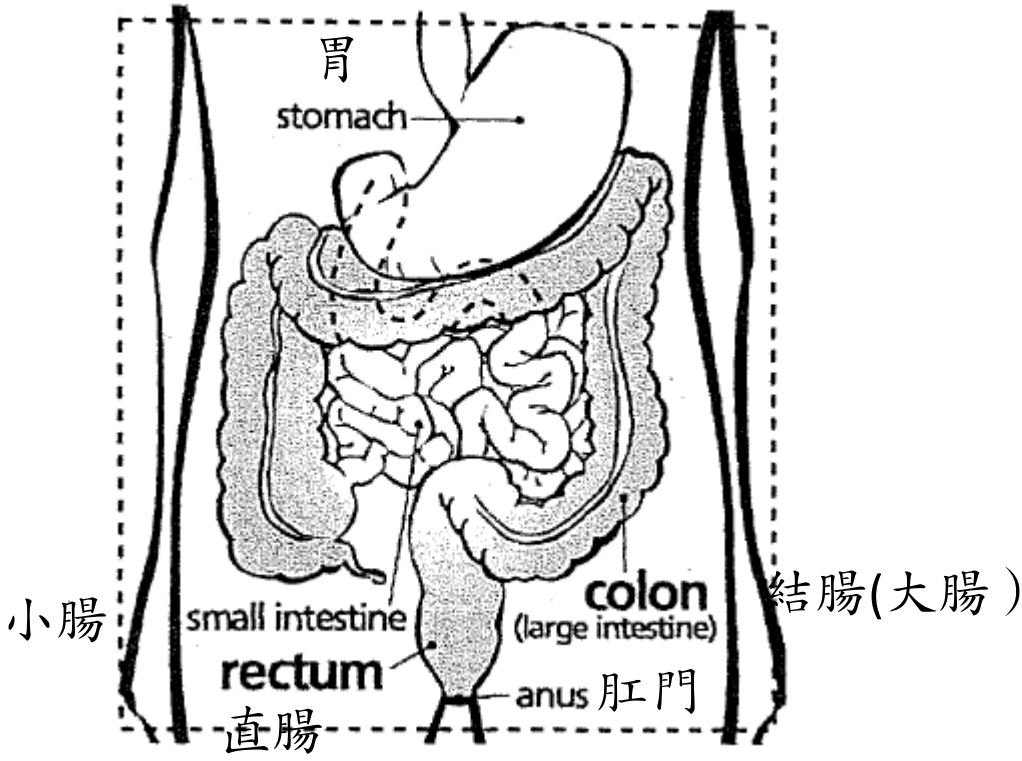


UCSF Medical Center 加州大學舊金山分校醫療中心

After Low Anterior Resection for Treatment of Rectal Cancer

治療直腸癌的前低位切除術後

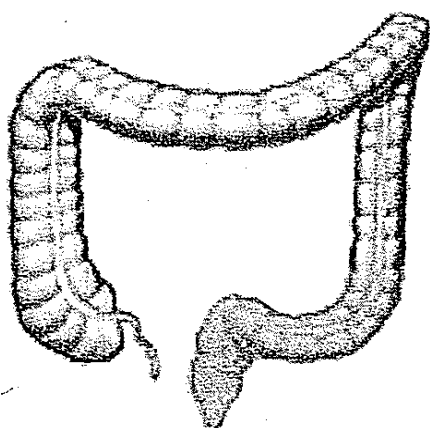
<p>After Low Anterior Resection for Treatment of Rectal Cancer</p>	<p>前低位切除術後的直腸癌治療</p>
 <p>The diagram illustrates the human digestive system. At the top is the stomach, labeled '胃' and 'stomach'. Below it is the small intestine, labeled '小腸' and 'small intestine'. To the right is the large intestine, labeled '結腸(大腸)' and 'colon (large intestine)'. At the bottom is the rectum, labeled '直腸' and 'rectum', which leads to the anus, labeled '肛門' and 'anus'.</p>	
<p>Overview of Rectum and Low Anterior Resection</p> <p>The rectum is about the size of a large fist with very stretchy walls. The rectum stores or holds stool and gas until you want to release it. When stool and gas move down the large intestine into</p>	<p>直腸及前低位切除術概述</p> <p>直腸約有拳頭那麼大並有有彈性的腸壁。直腸貯儲或保持糞便和氣體，直到你想排放它。當糞便和氣體在大腸向下移動到直腸，你便感</p>

the rectum you feel an urge to have a bowel movement. Because the rectum is stretchy, and the anal muscles are able to tighten, passage of stool or gas can be delayed until the time and place are appropriate.

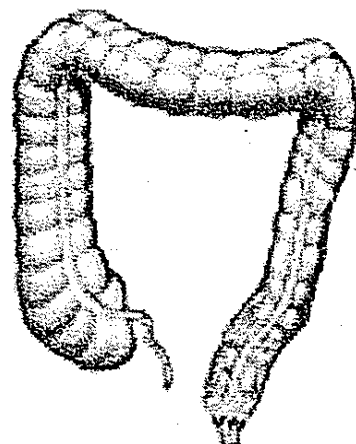
- When surgery is performed for Rectal Cancer either all or part of the rectum is removed.
- If the anal muscles can be left (sphincter sparing operation), then a portion of the colon is attached to what is left of the rectum or the anus. This surgery is called a **Low Anterior Resection**
- This surgery will affect your usual pattern of bowel movements.

到有種想排便的感覺。因為直腸有彈性，和肛門肌肉能夠收緊，糞便或氣體便可以延遲排放，直到時間和地點是適合的。

- 當進行治療直腸癌手術後，全部或部分的直腸會被切除。
- 如果肛門肌肉可保留（保肛手術），然後將結腸的一部分連接到餘下的直腸部分或肛門。這種手術被稱為前低位切除術
- 這種手術會影響你平時排便的習慣。



Before resection
切除前



After Resection 切除後

Changes in Bowel Movements after Low Anterior Resection

Once the rectum is partially or totally removed

前低位切除術之後的排便變化

一旦直腸被部分或全部切除後，排

bowel movements (BMs) are changed. The less rectum remaining means greater changes in bowel habits. Receiving chemotherapy and-radiation before surgery also affects the rectum and may leave it "stiffer" and less able to stretch.

- After this operation many people need to go to the bathroom frequently for small amounts of stool. You may think you have emptied your new rectum and 'are done' but find you have to return to the bathroom again for another bowel movement.
- The bowel movements seem to be clustered at certain times of the day.
- Often bowel movements are urgent.
- Because the new rectum is smaller, it holds less stool than before surgery. With time the new rectum should get larger and hold more stool.

This problem improves with time. Improvement can continue for up to a year. Be patient with yourself.

Don't be discouraged! But please remember, part or the entire rectum is gone, and your bowel habits will be different.

便 (BMs) 會被改變。剩下的少許直腸意指排便習慣會有很大變化。手術前接受化療和放射療也影響直腸並可能使它更硬，伸展幅度也細了。

- 此手術後很多人都因少量大便而頻繁去洗手間。你可能會認為你的新直腸已經清空並「完成」，但最終你又要再次去排便。
- 排便似乎都會在每一天的特定時間積聚起來。
- 排便經常會急著要去辦。
- 因為新直腸較小，它比手術前貯儲較少大便量。隨著時間，新直腸應該會變大，便可容納多點大便。

隨著時間，問題會得到改善。要有耐心，這時間可以持續長達一年多。

不要氣餒！但請記住，因部分或整個直腸沒有了，你的排便習慣會有

	所不同。
<p>Suggestions for Improving Bowel Habits</p> <p>1. Try a fiber supplement daily.</p> <ul style="list-style-type: none"> • Fiber supplements help bulk up the stool and hopefully cause one larger bowel movement each day. • Start with a teaspoon of fiber supplement in 8 ounces of water and slowly increase to a heaping tablespoon over a week. <ul style="list-style-type: none"> ➢ Try taking it in the morning. ➢ You can try Metamucil, Konsyl, Benefiber, Citracel, or generic brands of fiber supplements such as Trader Joe's Psyllium, or bran. ➢ Avoid the artificially sweetened products. • If taking the fiber in morning seems to increase bowel movements at night, you can try taking it in the evening. Stick with the same regimen for at least 2 weeks before trying a different regimen. It takes your bowels time to adjust. You can also experiment with taking fiber up to three times each day. You can experiment and adjust the dose up or down to see what works best for you. 	<p>建議改善排便習慣</p> <p>1. 每日嘗試用纖維補充劑</p> <ul style="list-style-type: none"> • 纖維補充劑有助於將糞便變大，希望每天能有一次較大的排便。 • 用 8 盎司的水沖調一茶匙纖維補充劑，在一星期內慢慢加至堆積超過一湯匙。 <ul style="list-style-type: none"> ➢ 嘗試在早晨飲用 ➢ 您可以嘗試美達施 (Metamucil)、康賜爾 (Konsyl)、百利纖 (Benefiber)、Citrucel，或任何無品牌的纖維補充劑，如 Trader Joe 的車前子 (Psyllium)，或麩皮 (bran)。 ➢ 避免加糖產品。 • 如果在早上服用纖維似乎增加腸蠕動，你可以嘗試在晚上服用。嘗試不同的方案之前持用一個相同的方案至少 2 週。你的大便需要時間來調整。你還可以嘗試每天服用纖維高達三倍。嘗試並調整劑量向上或向下，看哪個最適合你。

2. Medications can help control your bowel movements.

- Over the counter anti-diarrheal medication, such as Loperamide (Imodium, Kirkland Anti-diarrheal, or other pharmacy brands) can be helpful for some to stop frequent bowel movements. It can be taken after a cluster of bowel movements to end them so you can go out, or sleep without interruption.
 - Use it sparingly. Try one Loperamide at a time. Start with bedtime or after a bout of multiple bowel movements.
 - If you get constipated you may be taking too much. Constipation can also be distressing.
 - If one dose causes constipation, try a half dose.
 - If you need more you can take two tablets or take it twice per day.
- Prescription Lomotil can also be used to slow bowel movements and can be used similar to Loperamide. For some the Lomotil works better, for others the Loperamide is a better choice. Use one or the other, not both.

2. 藥物可以幫助控制排便

- 不用醫生處方的止瀉藥，如洛哌丁胺 (Loperamide)[易蒙停(Imodium)，柯克蘭 (Kirkland)抗腹瀉或其他藥店品牌)，可以幫助一些減少排便次數。當一大堆的糞便便排出後，你便可服用。這樣你便可以出街或不受打擾地睡覺。
 - 應謹慎使用。每次只吃一種洛哌丁胺(Loperamide)。開始時在睡前或多次排便後服用。
 - 如果你便秘，你可能會服用過多。便秘可以很痛苦的。
 - 如果一劑會引起便秘，就試用半劑量。
 - 如果需要更多，你可以一次吃兩片，或每天吃兩次。
- 處方 Lomotil 也可以用來減緩腸蠕動，可以使用類似於洛哌丁胺的藥物。Lomotil 對某些人有更好效果，洛哌丁胺卻是有些人更好的選

3. Dietary Considerations

- Keep track of what you eat. This can help you identify problem foods or problem times for eating. What and when you eat can affect your bowel movements. Do not skip meals. Do not overeat. Eating an early dinner may help avoid frequent night time bowel movements.
- You have no dietary restrictions, but some foods will increase the number of bowel movements and other foods seem to be helpful.
- The following foods may be helpful in decreasing bowel movements and reducing anal irritation:
 - white rice
 - applesauce
 - oatmeal
 - hard cheeses
 - mashed potatoes
 - yogurt
 - sweet potatoes
 - baked rather than fried foods
 - bananas
 - pasta (but not with heavy sauces or tomato sauce)

擇。只用一種，不可同時用兩種。

3. 飲食注意事項

- 記著你吃了什麼。這可以幫助識別你對甚麼食物有問題或甚麼時候吃有問題。什麼時候你吃甚麼會影響你排便。每餐都要吃，但不要過飽。早吃晚餐，可能有助於避免在夜間不斷排便。
- 沒有飲食限制，但一些食物會增加腸臟蠕動，而有些食物卻是有幫助的。
- 以下食物可以在去幫助腸蠕動，減少刺激肛門：
 - 白米飯
 - 蘋果醬
 - 燕麥片
 - 硬芝士
 - 薯蓉
 - 乳酪
 - 蕃薯
 - 食物焗多於油炸
 - 香蕉
 - 麵食（但不伴以濃味汁醬或番茄醬）

- Keep a food diary and introduce new foods into your diet slowly. If a food makes things worse, avoid it for a month and then try again.
- Sometimes fresh fruits and vegetables tend to increase the number of bowel movements. You might want to avoid them for a while. Try them cooked, in small quantities, or canned rather than fresh.
- Caffeine may trigger more bowel movements.
- Having some oil in your diet is helpful - for example olive oil or canola oil. This seems to help with the passage of stool.

4. Avoid Anal Irritation

- Anal irritation and leakage can make bowel movements more uncomfortable. To avoid irritation:
 - Cleanse anal area with water only
 - Pat dry or use a cool hair dryer
 - Avoid soap in the anal area
 - Do not wipe with toilet paper; toilet paper can feel like sandpaper after a while if

- 保持寫食物日記，並慢慢地嘗試吃一些新的食物。如果某食物令狀況變糟，避免它一個月，然後再試一次。
- 有時，吃新鮮水果和蔬菜往往會增加排便次數。你可能會想在一段時間內避免吃它們，或可先煮熟，試嚐小量，或者吃罐裝的。
- 咖啡因可能引發腸道更多蠕動
- 你的飲食用些油是有幫助的，例如橄欖油或菜籽油。這有助於大便暢通。

4. 避免刺激肛門

- 刺激肛門和滲漏可使排便更不舒服。爲了避免刺激：
 - 只用清水清潔肛門
 - 抹乾或使用冷吹風機
 - 避免在肛門用肥皂
 - 不要用衛生紙擦；衛生紙過了一段時間後會感覺像砂紙一樣，如

<p>you must use toilet paper use it moistened with water</p> <ul style="list-style-type: none"> ➤ You can use a squirt bottle filled with water to cleanse ➤ You can experiment with baby-wipes or other personal wipes if you wish, especially when out and using water is not convenient <ul style="list-style-type: none"> • Use a cotton ball at your anus to absorb leakage if necessary. <ul style="list-style-type: none"> ➤ Try to keep anal area clean and dry ➤ If you need a cream for comfort try an over-the-counter diaper rash cream (please use sparingly) such as: <ul style="list-style-type: none"> ✧ Desitin ✧ Vitamin A & D ointment ✧ Calmoseptine ✧ Aquaphor 	<p>果必須使用，就把紙沾濕</p> <ul style="list-style-type: none"> ➤ 可以用噴罐裝的水清洗 ➤ 尤其在不方便用水時，可以嘗試用嬰兒濕紙巾或其他個人紙巾 <ul style="list-style-type: none"> • 如果有慘漏，必要時可用棉花球放在肛門位置 <ul style="list-style-type: none"> ➤ 盡量保持肛門清潔和乾燥 ➤ 如果你需要乳霜使你更舒適，可用非處方尿布疹膏（請只用少量），如： <ul style="list-style-type: none"> ✧ Desitin ✧ Vitamin A & D ointment ✧ Calmoseptine ✧ Aquaphor
<p>These are suggestions. You will find what works best for you. You may periodically have a "bad" day.</p> <p>If you have a change in bowel habits, bleeding, worsening of symptoms, make appointment with</p>	<p>這些只是建議。你會發現什麼是最適合你。你可能有時有一個“不好”的日子。</p> <p>如果你的排便習慣有變化、或有出血、症狀惡化，請約見你的醫護人</p>

your health care provider, as there may be other causes of your symptoms that need investigation. If your symptoms are not improving with time there are other interventions which can be tried.

For questions call the Nurse Practitioner at the Center for Colorectal Surgery at Mt. Zion at 415-885-3613.

員，因為需要調查症狀可能有其他的原因。如果你的症狀在一段時間內沒有改善，可以嘗試其他措施。

如有疑問，請致電 415-885-3613 去 Mt. Zion 中心結直腸手術中心的執業醫護師。