

# Constipation

Constipation refers to very hard stools or bowel movements that are hard to pass.

You may also:

- Need to strain
- Feel like you did not completely empty your bowels
- Have cramping, pain, bloating or nausea

Each person is different, but most people pass stools from 3 times each day to 3 times each week. As long as the stool is soft and easy to pass, you are not constipated.

## **Causes of Constipation**

- A diet that is high in fat and sugar or low in fiber
- Not drinking enough liquids
- Being inactive
- Not going to the toilet when you have the urge to pass stool or have a bowel movement
- Some medicines
- Overuse of laxatives

## **To help prevent constipation:**

- Drink at least 8-10 cups of liquids each day. Warm or hot drinks may help your bowels move more easily.
- Eat high fiber foods such as bran cereal, whole grain breads, raw vegetables, fresh or dried fruits, nuts and popcorn. Fiber helps move stool through your body.

# Saxaro Adayg

Saxaro adayg waxaa loola jeedaa saxaro aad u adag ama saxarada ayaa u adag in ay qofka timaaddo.

Waxaa sidoo kale laga yaabaa:

- In aad u baahato in aad iska soo riixdo
- Aad dareento in ay saxaradu kaa soo dhammaannin
- Aad qabtid casiraad, xanuun, dibbiro ama lalabbo

Qof kasta wuu ka duwan qofka kale, laakiin dadka badankoodu waxay saxaroodaan inta u dhexeysa 3 goor maalintii ilaa 3 goor toddobaadkii. Ilaa iyo inta saxaradu ay jilicsan tahay ayna fududdahay in ay soo gudubto, markaas saxaradu kuma adka.

## **Sababaha Saxaro Adayga**

- Cunto uu ku sarreeyo dufanka iyo sonkorto ama uu ku yar yahay buunshuhu
- Aadan cabbin cabitaanno kugu filan
- Aad noqoto mid aan fir-fircooneyn
- Aadan aadin musqusha marka ay saxaro ku qabato ama aad musqusha u baahan tahay
- Daawooyinka qaarkood
- Si siyaado ah u isticmaalidda daawooyinka caloosha jilciya

## **Si aad uga hortagto saxaro adayga:**

- Cab ugu yaraan 8-10 koob oo cabitaanno maalin kasta. Cabitaanno diirran ama kulul ayaa laga yaabaa in ay kaa caawiyaan in saxaradu ay si fudud kaaga timaaddo.
- Cun cuntooyin ay buunshuhu ku sarreeyaan sida siiriyaalka buunshaha leh, rootiyada miraha isu dhan ka sameysan, khudradda aan la karin, furutooyin cusub ama kuwo la engejiyey, naatiska iyo daangada. Buunshuhu wuxuu caawiyaa in saxaradu si fudud jidhkaaga u soo marto.

- You may want to limit cheeses, chocolate and eggs because they may worsen constipation.
- Drink prune or apple juice to help soften stools.
- Exercise to help your bowels move more easily. Walking works well.
- Go to the toilet when you have the urge to have a bowel movement.
- Check with your doctor before using any over the counter laxatives or enemas. Your doctor may suggest a stool softener or a bulk laxative. If you are not getting the results you want, talk to your doctor.

**Talk to your doctor or nurse if you have any questions or concerns.**

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- Waxaa laga yaabaa in aad dooneysid in aad xaddiddo farmaajooyinka, shukulaatooyinka iyo ukunta maxaa yeelay waxaa laga yaabaa in ay sii xumeeyaan saxaro adayga.
- Cab buruun ama tufaax si ay kaaga caawiyaan saxaro jilcan.
- Jir dhis samee si uu kaaga caawiyo in saxaradu si fudud kaaga timaaddo. Socod si fiican ayuu wax uga shaqeeyaa.
- Musqusha aad marka ay saxaro ku qabato si ay kuu dhaafto.
- Takhtarkaaga kala hadal ka hor inta aadan isticmaalin wax daawooyin caloosha jilciya oo miiska laga soo iibsado ama enemas. Takhtarkaagu waxaa laga yaabaa in uu kuu soo jeediyo saxaro jilciye ama calool jilciye badan. Haddii aadan ka helin natiijooyinkii aad dooneysay, takhtarkaaga la hadal.

**Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah qabtid.**

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