



Care Guides for Constipation

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- I. Increase fibers intake: the best sources of fibers are fruits and vegetables.
 - A. Fruits, such as orange, papaya, pear, tomato, strawberries, grape, grapefruit, kiwi, grapefruit, plum etc., are good to constipation. BUT avoid apple, persimmon and guava.
 - B. Avoid foods in high fat and high starch content, such as fried chicken, French fries and sweet potato, potato etc.
- II. Drink enough water every day. For baby older than 4-6 months, can drink little juice, such as prune juice. Dilute juice with water in 1:1 ratio at first, advance as personal needs but should not give excessively. Honey can be taken only after 1 year of age.
- III. Establish good bowel habit and defecate every day.
- IV. To pay attention to your mental and emotional status and avoid emotional stresses.
- V. For chronic constipation, visit a doctor and follow prescriptions closely.
- VI. Breastfeed newborns and infants.
- VII. Follow the instructions to prepare infant formula properly.
- VIII. Avoid herbal medicines, such as Ba Bao Powder (八寶粉(散)) etc.
- IX. Abdominal massage: massage the abdomen clockwise with fingers 15-20 minutes each time, may stimulate bowel movements to promote defecation.

If you have any questions or suggestions, please contact us. We are happy to provide services to you. Contact telephone number: MacKay Memorial Hospital/Children's Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital/Children's Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (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