An Australian Government Initiative

03 POOR BOWEL CONTROL

KONTOROOLKA CALOOSHA EE XUN

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.

WAA MAXAY KONTOROOLKA XUN EE CALOOSHA?

Dadka qaba kontoroolka caloosha ee xun waxay si kedis ah u soo dhaaftaa socodka calooshu wakhti khaldan ama meel khaldan. Waxaa sidoo kale laga yaabaa inay ka timaado dhuuso markayna ula jeedin.

CALOOSHA KONTOROOLKA XUMI MA CAAMBAA?

Qiyaastii hal 20tii qof ayaa leh caloosha kontoroolka xun. Labadaba raga iyo dumarka way yeelan karaan kontoroolka xun ee caloosha. Aad ay u tahay caam u ah markaad weynaato, laakiinse dad badan oo dhalinyaro ah ayaa sidoo kale qaba kontoroolka xun ee caloosha.

Dad badan oo qaba kontoroolka xun ee caloosha ayaa sidoo kale qaba kontoroolka xun ee kaadi heysta (oo isqoynaya).

MAXAA SABABA KONTOROOLKA XUN EE CALOOSHA?

Muruqyo daciif ah

Muruqyada marinta danbe oo daciifa ayaa laga yaabaa inay sababtay:

- ilmo dhalida;
- gaboobida;
- noocyo ka mid ah qaliinka – sida,baawasiirka (haemorrhoids); ama
- dabeecad ku daaweynta falaaraha.

Shuban Darran

Shubanka micnahiisu waxaa weeye socodka caloosha oo debecsan. Waxaa jira sababo badan waana fikrad wanaagsan inaad u tagto dhakhtarkaaga si aad u ogaatid waxaad ka qaban kartid dhibaatadan.

Caloosha oo fadhida

Caloosha oo fadhida waa wax caam ah oo sababa nasiib xumo oo dadka waa weyn ah ama dadka qaba iinta. Socoshada caloosha waxaa marmarka qaarkood laga yaabaa inay ku xirmaan caloosha ta hoose dareerahuna wuxuu ka da'i karaa hareeraha wax isku dhegan, oo u eg inay jirto luminta kontoroolka caloosha.

POOR BOWEL CONTROL

KONTOROOLKA CALOOSHA EE XUN

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;

MAXAAD KA SAMEYNAYSAA WAXA KU SAABSAN KONTOROOLKA XUN EE CALOOSHA?

Waxaa jira waxyaalo badan oo sababa kontoroolka xun ee caloosha, sidaa daraadeed waxaa loo baahan yahay hubin taxadar leh si loo helo waxyaalihii sababay iyo waxyaalaha laga yaabo inay sii xumeynayso.

Haddii aad badanaa leedahay nasiib darada xun ee caloosha, waa inaad marka hore la hadashaa dakhtarkaaga. Waa inaad sidoo kale u sheegtaa dhakhtarkaaga haddii aad leedahay:

- isbedelka dabeecada caadiga ah ee caloosha;
- xannuun ama dhiigida marinka danbe;
- dareen ah in calooshaadu aysan weligaa faaruqin;
- shubanka caloosha ee madow ama dhuxusha ah; ama
- Miisaan aadan sharxi karin sababta uu kaaga dhacay.

Dhakhtarkaaga waxaa laga yaabaa:

- inuu ku weydiiyo waxoogaa su'aalo ah;
- inuu sameeyo baaritaan jireed oo ah muruqyada sagxada miskahaaga (haddii aad tiraahdo taasi okay);
- inuu ku weydiiyo inaad sameyso shaxda dabeecada calooshaada iyo waxaad cunto ama cabto ilaa wakhti; ama
- Inuu kuu gudbiyo iskaanka ultrasound si uu u hubiyo muruqyada sagxada miskahaaga.

SIDEE BAA LOO CAAWIN KARAA CALOOSHA KONTOROOLKA XUN?

Sababtoo ah luminta kontoroolka caloosha waa calaamad digniin ah ee ma aha cudur, daryeelka ugu fiican wuxuu ku xirnaan doonaa waxa sababaya dhibka.

Daryeelka waxaa laga yabaa inuu ka mid yahay:

- hubinta daawooyinka iyo kiniiniga aad qaadato;
- qaadashada daawo cusub si aad u adkeyso socoshada calooshaada ama aad u dejisid calooshaada;
- ka adkaanta caloosha ku fadhida haddii ay tani tahay waxa sababay;
- tababarida muruqyada sagxada miskaha si ay kaaga caawiso muruqyada sagxada ee misigta in la xoojiyo. Muruqyada ku wareegsan marinka danbe waa qaybo ka mid ah muruqyada sagxada misigta;

- 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.

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.

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.

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.

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.

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

* Calls from mobile telephones are charged at applicable rates.

- daaweynta dabiici-ku-daaweeyaha ama kalkaaliyaha ceshadka kaadida iyo saxarada oo wax ka yaqaan dhibaatooyinka muruqyada sagxada misigta ku saabsan. Tani waxay sidoo kale ku lug yeelanaysaa isticmaalka qalab si aad uga shaqeysiiso muruqyada sagxada miskalaha; ama
- Booqashada dakhtarka qaliinka ama dakhtar kale oo takhasus leh, haddii dakhtarkaagu kuu gudbiyo.

DADKA QABA ILOWGA AMA WAREERKA

Dadka qaba ilowga ama wareerka waxaa laga yaabaa inaysan dareemin, amase aynaan ka warqabin, rabitaanka inaad faaruqiso calooshaada. Tani waxay kuu horseedi kartaa wax siideynta ficilka caloosha caadiga ah. Wakhtiga caamka ah ee ay tani dhacdo waa isla markiiba cuntada ka dib, badanaa quraacda.

La socodka qofka dabeecadiisa caloosha ilaa wakhti ayaa laga yaabaa inay caawiso inay tusto wax israacsan oo ku saabsan dabeecada caloosha. Sidoo kale, la socodka fal celintooda ayaa laga yaabaa inay caawiso in la ogaado marka uu dhacayo socodka shubanka ee calooshu.

RAADI CAAWIMO

Waxaa la helli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka bladderbowel.gov.au ama continence.org.au/other-languages

* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.