

## 疝氣 - 病人須知

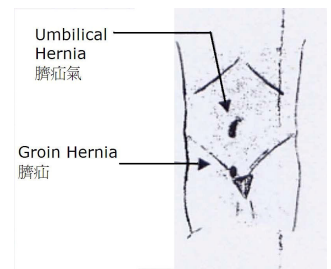
疝氣俗稱「小腸氣」即器官或組織(多為腸臟)由身體不正常的出口突出，此病症可發生於多個部位，如腹股溝，腹部等。

### 徵狀包括：

- (一) 在上述部位出現腫塊
- (二) 腫塊大小會隨病人位置或腹內壓力而變化。腹內壓力上升（如咳嗽）時，腫塊會變大。壓力減少（如平躺）時，腫塊會變小或消失。
- (三) 患者有時會感到腫塊痛楚。

### 處理方法：

- (一) 經醫生檢查後，若疝氣能被退回，病人可排期到外科部覆診，並考慮以手術根治。
  - (二) 患者應避免劇烈活動或咳嗽，也不應穿緊身衣服。
  - (三) 無須使用輔助帶將疝氣保持在體內。
  - (四) 於等候覆診期間，病患者若有以下情況請即找醫生診治；
    - ※ 疝氣持續不能退回體內或逐漸脹大
    - ※ 持續強烈腹痛、腹脹、甚至嘔吐。
- 以上資料只供一般參考，如有疑問請向醫生或護士查詢。



### Hernia - Discharge Advice

**Hernia** is a disease in which an internal organ (e.g. intestine) protrudes from the body cavity through an abnormal opening. The common sites are the groin and abdomen.

#### Symptoms:

1. Abnormal swelling at the sites mentioned above.
2. The size of the swelling may vary with the posture and pressure inside the abdomen.
3. The swelling may cause discomfort or pain.

#### Management:

If the hernia can be reduced, a referral to surgical clinic will be arranged. Subsequent operation treatment may be need.

The patient should avoid heavy lifting or straining. Gentle cough is advised. Do not wear anything tight over the hernia. Do not try to keep it in with an outside bandage or truss.

While waiting for the surgical follow-up or operation, the patient should consult a doctor immediately in the following circumstances:-

- (1) The swelling cannot be reduced (gets stuck outside the body)
- (2) Worsening abdominal pain
- (3) Nausea (upset stomach) and vomiting

**This discharge advice is for general reference only. In case of doubt, please enquire the doctor or nurse.**