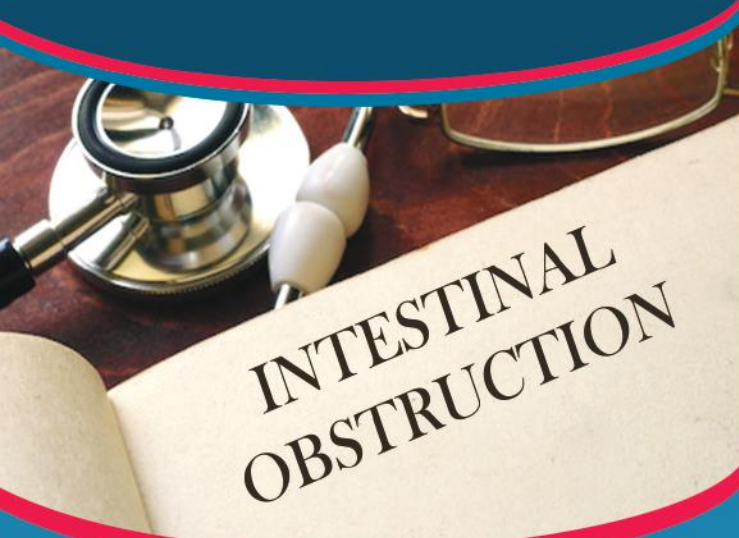




# Intestinal Obstruction



## ► Pseudo-obstruction ◀

Intestinal pseudo-obstruction (paralytic ileus) can cause signs and symptoms of intestinal obstruction but doesn't involve a physical blockage. In paralytic ileus, muscle or nerve problems disrupt the normal coordinated muscle contractions of the intestines, slowing or stopping the movement of food and fluid through the digestive system.

Paralytic ileus can affect any part of the intestine. Causes can include:

- Abdominal or pelvic surgery
  - Infection
- Certain medications that affect muscles and nerves, including tricyclic antidepressants, such as amitriptyline and imipramine, and opioid pain medications, such as those containing hydrocodone and oxycodone.
  - Muscle and nerve disorders, such as Parkinson's disease

## ► Risk factors ◀

Diseases and conditions that can increase your risk of intestinal obstruction include:

- Abdominal or pelvic surgery, which often causes adhesions - a common intestinal obstruction
  - Crohn's disease, which can cause the intestine's walls to thicken, narrowing the passageway
- Cancer in your abdomen, especially if you've had surgery to remove an abdominal tumor or radiation therapy
  - Colon cancer
  - Stomach cancer
  - Ovarian cancer
- Lung cancer, breast cancer, or melanoma that spreads to your bowel
  - Diverticulitis
  - Digestive disorder
  - Hernia
- Scar tissue from surgery




## ► Diet and lifestyle changes ◀

Simple changes to diet and lifestyle can help lower the risk of bowel obstructions. They will also help with recovery after an episode of obstruction. Aging slows down the digestive system. As a result, people may want to make changes to their diet later in life to balance this out.

Suggested diet changes include:

- Eating smaller portions more often
    - Chewing food well
  - Avoiding large amounts of high-fiber foods, such as wholegrain cereals and nuts
    - Cutting down on caffeine, which can irritate the bowel
  - Avoiding tough or stringy foods, such as celery or dried meat
  - Peeling fruit and vegetables to make them easier to digest
    - Cooking food until it softens
  - Focusing on eating moist dishes, such as those with sauces
- Several lifestyle changes can help boost digestive health. Steps to consider include:
- Exercising more
  - Keeping hydrated
  - Trying to limit stress
  - Avoiding or quitting smoking
  - Drinking less alcohol

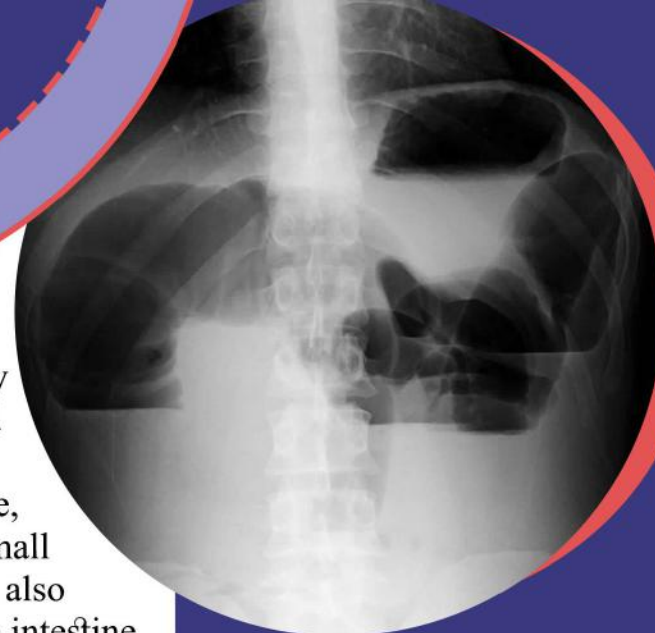




## Intestinal Obstruction



### Intestinal Obstruction



#### ► Intestinal obstruction ◀

Intestinal obstruction is a blockage that keeps food or liquid from passing through your small intestine or large intestine (colon). Causes of intestinal obstruction may include fibrous bands of tissue (adhesions) in the abdomen that form after surgery, an inflamed intestine (Crohn's disease), infected pouches in your intestine (diverticulitis), hernias, and colon cancer.

Without treatment, the blocked parts of the intestine can die, leading to serious problems. However, with prompt medical care, intestinal obstruction often can be successfully treated.

Some of the symptoms may depend on the location and length of time of the obstruction. For example, vomiting is an early sign of small intestine obstruction. This may also occur with obstruction of your large intestine if it's ongoing.



Intestinal obstruction may also cause serious infection and inflammation of your abdominal cavity, known as peritonitis. This occurs when a portion of your intestine has ruptured. It leads to fever and increasing abdominal pain. This condition is a life-threatening emergency requiring surgery.

#### ► Causes ◀

The most common causes of intestinal obstruction in adults are:

- **Intestinal adhesions:** bands of fibrous tissue in the abdominal cavity that can form after abdominal or pelvic surgery
- **Colon cancer:** In children, the most common cause of intestinal obstruction is a telescoping of the intestine (intussusception).

#### ► Symptoms of intestinal obstruction ◀

An intestinal obstruction causes a wide range of uncomfortable symptoms, including:

- Crampy abdominal pain that comes and goes ,
- Loss of appetite , Constipation , Vomiting ,
- Inability to have a bowel movement or pass gas ,
- Swelling of the abdomen , Severe bloating ,
- Nausea , Vomiting , Inability to pass gas or stool ,
- Constipation , Diarrhea , Severe abdominal cramps

A partial obstruction can result in diarrhea, while a complete obstruction can result in an inability to pass gas or stool.